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Frontispiece.

I. Ross, Del.

THE

COUNTRY HOUSEWIFE's Family Companion:

OR

PROFITABLE DIRECTIONS for whatever relates to the Management and good Œconomy

OF THE

Domestick Concerns of a Country Life,

According to the

PRESENT PRACTICE of the Country Gentleman's, the Yeoman's, the Farmer's, *&c.* Wives, in the Counties of *Hertford*, *Bucks*, and other Parts of *England:*

SHEWING

How great SAVINGS may be made in Housekeeping:

And wherein, among many others,

The following HEADS are particularly treated of and explained:

I. The Preservation and Improvement of Wheat, Barley, Rye, Oats, and other Meals; with Directions for making several Sorts of Bread, Cakes, Puddings, Pies, *&c.*

II. Frugal Management of Meats, Fruits, Roots, and all Sorts of Herbs; best Methods of Cookery; and a cheap Way to make Soups, Sauces, Gruels, *&c.*

III. Directions for the Farm Yard; with the best Method of increasing and fatning all Sorts of Poultry, as Turkies, Geese, Ducks, Fowls, *&c.*

IV. The best Way to breed and fatten Hogs; sundry curious and cheap Methods of preparing Hogs Meat; Directions for curing Bacon, Brawn, pickled Pork, Hams, *&c.* with the Management of Sows and Pigs.

V. The best Method of making Butter and Cheese, with several curious Particulars containing the whole Management of the Dairy.

VI. The several Ways of making good Malt; with Directions for brewing good Beer, Ale, *&c.*

With Variety of CURIOUS MATTERS,

Wherein are contained frugal Methods for victualling Harvest-men, Ways to destroy all Sorts of Vermine, the best Manner of suckling and fattening Calves, Prescriptions for curing all Sorts of Distempers in Cattle, with Variety of curious Receits for Pickling, Preserving, Distilling, *&c.*

The Whole founded on near thirty Years Experience by

W. ELLIS, *Farmer, at* Little Gaddesden, *near* Hempsted, Hertfords.

LONDON:

Printed for JAMES HODGES, at the *Looking-glass*, facing *St. Magnus* Church, *London-Bridge*; and B. COLLINS, Bookseller, at *Salisbury*. 1750.

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PREFACE

TO THE

Country Family's Profitable Director.

THE great Losses that have accrued to Country Families, by a wrong Management of their Household Affairs, has partly induced me to send into the World the following Treatise. Woeful Experience has shewn this to be true in innumerable Instances: The Art therefore of saving the Penny, and making Money go the farthest, I have here endeavoured to make known, by publishing great Numbers of serviceable Matters, as they have been really practised in the most provident Country Families, and some of them in my own. The Preservation of Wheat, Barley, and Oat Meals, Meats, Roots, Fruits, Herbs, &c. from the Damage of Insects, and if infected how to be cured; the making of many Sorts of Bread, Cakes, Pies, Puddings, Tarts; the cooking of many Dishes of Meat, Soups, Sauces, Gruels, Furmity, Barley-Broth, White-pot, and Rice-milk; the best Method of curing Bacon, Brawn, pickled Pork, Hams, Tongues, Hung-Beef, Sausages, by the latest and newest Ways, with many other Kitchen Viands; Brewing Malt Liquors, Distilling, Pickling, making Cordials, Teas, Coffee, Chocolate, natural and artificial, Verjuice, Vinegars; the Management of Sows and Pigs, Cows, and Fowls of several Sorts; a Butter and Cheese Dairy after an uncommon Manner, much better than what is commonly practised; the present Way of victualling Harvest-men, and maintaining Farmers Servants the rest of the Year; the subtil Ways, whereby Servants have robbed their Masters, laid open, that others

may

may prevent the like; a Receit thought to be the beſt that ever was publiſhed for curing Cows of the Murrain Diſtemper, with an Account of the famous Effects of a Quickſilver Water, which although as innocent to take as Small Beer or Spring Water, yet will cure the Pox, King's-Evil, Leproſy, Scald-head, Itch, Scurvy, and Mange in Beaſts; ſo that all Perſons, of what Sex or Age ſoever, ought to drink of this Water, with an Account how a Man in my Neighbourhood was thereby cured of an old ulcerated King's-Evil in his Throat, and another elſewhere of a rivetted Pox, when he was ſo weak as not to be able to go through a Salivation, having been twice pox'd but cured before; the Hiſtory of two Noblemen, who were excellent Œconomiſts; how ſeveral Men, Women, and Children, have been poiſoned, and ſome cured by eating poiſonous Roots, Herbs, and Inſects; with many Receits of plain, cheap, experienced Medicines, and the Cures they have made in Country Families, with many other moſt ſerviceable Matters, by which poor Families, and thoſe that live at ſome Diſtance from a Town, may become their own Phyſician and Surgeon, and probably many Lives thereby ſaved, as well as chargeable Bills prevented: Theſe and many other moſt ſerviceable Things I humbly offer to the Publick, hoping they will be candidly received, as my Endeavours are truly deſigned for my Country's Welfare, who am (with my beſt Wiſhes for their Succeſs) their ſincerely devoted Servant,

WILLIAM ELLIS,

Author of The Practical Farmer, The Chiltern and Vale Farmer, The Modern Huſbandman, The London and Country Brewer, The Supplement to Mr. *Trowell*'s Book of Huſbandry and Gardening, *and* The Shepherd's Sure Guide.

AN

AN

INTRODUCTION

TO

The Country Houſewife.

TO write a ſerviceable Book of Country Houſwifery, requires an Author who lives amongſt its Practice; for without ſuch an Opportunity, it is not to be ſuppoſed it can be done to much Purpoſe, becauſe of the many Branches of Action depending on the ſame, both in the Houſe and Out-houſes, Garden, Orchard, and Field. And although that Part of it, of ſecuring (by the Care and Vigilance of our Country Houſewife and her Servants) a Gentleman's, a Yeoman's, and a Farmer's Property from the Ravage of pilfering Perſons, has eſcaped the Notice of almoſt all Authors, yet I think it a Matter of that Conſequence as deſerves more than ordinary Regard: For to what Purpoſe is it for Perſons to ſtudy, labour, and be at a great Expence to get Crops of Corn, Hay, and Fruit, to breed and fatten Cattle, and endeavour by a hundred Ways to promote their Intereſt, and at the ſame time ſuffer themſelves to be pilfer'd and cheated at home. I am therefore led to enlarge upon that inſtructive proverbial Sentence, *Happy is he who by other Mens Harms learns to beware*, by giving my Reader an Account of ſeveral Impoſitions that have really happened to Gentlemen, Yeomen, and Farmers, by Servants, pilfering Neighbours, and others.

A Captain of a Man of War in Queen *Anne*'s Time, having acquired an Eſtate of about 14000*l.* laid Part of it out in purchaſing Houſes and Lands; one Purchaſe whereof he made in *Buckinghamſhire*, in buying a large Farm of 300 Acres of Land, which he kept in his own Hands, and a Number of Servants accordingly: Now this Gentleman

being a Batchelor, he confided in his chief Servant-maid to manage his Houſhold Affairs; and as he kept a conſiderable Number of Cows, and made large Quantities of Butter for a *London* Market, he ordered this his Maid to make Cheeſe for his Servants of all ſkim Mik, and this ſhe did when ſhe could not well help it, but when ſhe had an Opportunity ſhe threw into the ſkim Milk, new Milk or Cream; but although ſhe did this contrary to her Maſter's Order, yet in the main I think the Captain loſt nothing by it, for when the Cheeſe was made with all ſkim Milk, the Servants gave much of it away to Dogs, and ſome they put into the Hog-tub, and otherwiſe waſted it.

Another Piece of bad Management is of a Yeoman's Wife, who by her Imprudence occaſioned her Huſband much Damage: The Farm of about ſeventy Pounds a Year being his own, he did his Part with much Care and Labour; but his Wife was ſo indolent as to ſuffer a thieviſh Neighbour now and then to harangue her itching Ears with a Goſſip's Story in defaming of another's Reputation, and while her Back was turned, and nobody preſent, they would catch up ſomething or other; or if ſhe went but up Stairs, or out of the Houſe, they would take a Piece of pickled Pork out of the Pot, or cut off a Slice of Bacon, if in their Reach, and the ſame by her Cheeſe, Bread, *&c.* Beſides which, this Yeoman's Wife, thus blind to her Huſband's Intereſt, kept a Maid-ſervant, who was both a Drunkard and Thief, as well as poſſeſs'd of other Faults, inſomuch that ſhe would carry out Bread, Cheeſe, and other Proviſions, and give them away to a neighbouring Gin-ſeller, where ſhe now and then got intoxicated, when to colour her Drunkenneſs, ſhe would hold her Hand to her Cheek, and complain of an exceſſive Fit of the Tooth-ach, in order for a Pretext to lie down on the Bed, and recover her Senſes: Thus ſhe went on for ſome Time, till at laſt her Maſter ſaw through the Impoſition, and had her turn'd away: However, theſe and ſome other Pieces of bad Œconomy brought the Yeoman's Farm under a heavy Mortgage, and ſo it remains at this Day.

A Lady now living, who kept ſeven or eight Maid-ſervants, refuſed to hire any in her own Neighbourhood, but had them from diſtant Parts, becauſe ſhe thereby thought her

her Goods the better ſecured from Imbezzlement, as well knowing that there are many Thefts committed by Servants through the Enticements of wicked Parents or Neighbours; many Inſtances of which I could ſend into the World, but I hope theſe few Hints will ſuffice to the Intelligent: Suppoſing then, that a vigilant Regard is duly obſerved by our Country Houſewife, in ſecuring her Houſehold and other Goods from Waſte and the Rapine of domeſtick and other Thieves, I proceed now to farther adviſe her.

Firſt to lay her Money out to the beſt Advantage in the buying of Proviſions not of her own Produce, always remembering ſhe cannot well lay out her Money worſe than buying her Sugar, Plumbs, Candles, Cheeſe, Cloth, *&c.* at petty Chandlers Shops. I have known a Pound of Treacle ſold at ſuch a Shop in the Country at the Rate of 4*d. per* Pound, when in *London* I have bought it for about five Farthings, taking half a hundred Weight together; for this is what I am ſeldom without, as it ſaves Sugar in Pies, leſſens the Conſumption of Malt, and is of great Service in curing Colds in Man or Beaſt. Much alſo of the ſame bad Houſewifery may Perſons be guilty of, to a great Loſs, in buying Tea, Coffee, Spice, and many other Things, at ſuch Shops, and eſpecially where the Chalk is made uſe of, for then many Buyers dare hardly find Fault. Thus there are many Parcels of Whey Butter or Second Butter ſold for prime Butter, bad running Tallow Candles ſold for good ones, naſty Dripping Fat (which is often bought by the neceſſitous or ill Houſewife) for pure Fat, *Weſt-India* Coffee for right *Turkey* Coffee, though it is cheaper by one Shilling or more in a Pound. Oatmeal and Salt are commonly ſold at theſe petty Shops by a wooden Meaſure, from half a Pint to ſeveral other Quantities, and thus retail'd, to the Prejudice of the poor Buyer, who hereby comes off with ſcanty Meaſure.

The next Thing I have to adviſe our Country Houſewife to, is to keep one or more Pair of Scales by her, in readineſs to weigh the Goods ſhe buys. A Perſon of my Acquaintance paid for half a Pound of Hops at a Chandler's Shop in the Country, and when at home (on weighing the ſame) found a full Ounce wanting, upon which he up-

braided the Seller, who for Excuſe ſaid their wooden Scale was foul by weighing Flour in it, which cauſed the Miſtake. Again, where any Shopkeeper aſks extravagantly more than the Commodity is worth, I would not deal with ſuch a one; and it is for this very Reaſon that I have known ſome miſs nearer Shops, to go three Miles farther in the Country for buying their Linen-Cloth, becauſe the Shopkeeper was at a word in aſking a reaſonable Price, and therefore a Fool or an Infant may be ſafely ſent to ſuch a Market. And the Advantage of this Way of Dealing is manifeſt in the Character given by a Taylor, who being aſk'd where Cloth for a Coat might be bought at the loweſt Price, anſwer'd, at ſuch a Quaker's Shop, for that he will not aſk above two Pence in five Shillings more than he will take. Some of our Churchmen having ſince taken this Hint, and to prevent the Quakers monopolizing of Cuſtom, have fell into the ſame Way of Dealing.

It is alſo very ill Houſewifery to buy Bacon or pickled Pork at Shops (as is done by Thouſands) where there is a Conveniency to prevent it, by feeding Swine at home. Thus to keep the moſt ſerviceable Victuals of all others at home, is to command in a great Degree the Butcher's Shop; for if Servants can't live upon a Piece of Bacon or pickled Pork, and a Pudding or Apple Dumplins for Dinners and Suppers, let them faſt I ſay: It is what I obſerve for moſt part of the Year, or elſe I think I ſhould not get much by farming.

The Brewing of Beer at home, where Conveniency will allow it, and keeping it to a right Age, is certainly good Houſewifery. For to buy it abroad, and thereby pay Exciſe, is extravagant Management indeed; or to drink new Beer, is not acting the ſaving Part, becauſe it quenches not Drought like older, neither is it ſo wholſome.

The Baking of Bread at home, where it can be conveniently done, for a large Family, will certainly pay much better than to buy it of Bakers; for as home-baked Bread may be made cloſer and heartier than theirs, it will laſt the longer in the Stomach, and thus go farther than Sale Bread. But this is not all the Inconvenience attending the buying of Goods at petty Shops; for where the Shopkeeper is of the

goſſiping

goſſiping Sort, they have a Cow's Tongue (as we call it in the Country) a ſmooth Side and a rough Side: Such Perſons will get all the Intelligence they can of your Affairs, and if they are prejudiced againſt you, they will make an ill Uſe of it, to your Diſadvantage; which is what I have known done to the woeful Experience of ſeveral. Therefore take care, not to give your Children or Servants an Opportunity of being corrupted by buying Things at ſuch a Shop. If any Shopkeeper ſhould ſlander or backbite me unjuſtly, they may be aſſured (if I ſent farther for my Goods) I would not deal with them: And if all Perſons would obſerve to do the ſame, we ſhould prevent that infinite Number of Inconveniencies which have happened for want of ſuch Precautions.

The keeping of Servants at home muſt redound to their Maſters and Miſtreſſes Profit, for according to their Management they may be made either ſerviceable or unſerviceable. I never knew a Farmer thrive that let his Servants ſtay long, or lie out at nights, to go to common Dancing or Drinking Bouts, *&c.* which are the Bane of Youth; nor who let them lie too long in Bed, or ſtand idle for want of appointing them Work in due Time. Remember that the Eye of the Maſter or Miſtreſs forwards Buſineſs, and to riſe at Five is the Way to thrive.

The Burning of Wood comes next under my Notice, and with good Reaſon, for by burning green Wood inſtead of dry Wood there is near a double Waſte made. I have known an indiſcreet Family, that uſed to lay a whole bound five-foot long Faggot on at once, and thus a long Fire devour'd as much Wood again as was neceſſary. The ſame Yeoman, who has about twenty incloſed Fields beſides a Wood, for want of providing a Stock of Wood in the felling Seaſon, has been forced to fell a Fruit-bearing large Standard Cherry-tree for Fewel. Bad Huſbandry with a Witneſs!

The keeping of Salves and other Remedies in the Houſe, ſo as to have them always in Readineſs, is of ſuch Importance in Gentlemen's, Yeomen's, and Farmer's Families, that none ſhould be without them, by reaſon of the many Accidents that a Country Family is more liable to than moſt others: For here are Horſes, Cows, Hogs and Dogs, beſides

ſides the many cutting and pointed Inſtruments of Huſbandry that muſt be unavoidably made uſe of. Theſe and other Remedies being ready at hand, may probably ſave the Expence of large Doctors Bills, and perhaps Lives.

The ſame in Reſpect of preventing and curing Sickneſs, which is of ſuch Conſequence in a Country Family, that none that can afford it ought to be without Brandy, Cordial Waters, or ſtrong Beer or Ale, and other hearty Liquors, Oils, Verjuice, and a hundred others of ſuch Kind of Neceſſaries, for commanding their Uſes at any Time; for in many Country Places, ſome of theſe can't be had for Love nor Money, nor a Doctor be procured without ſending ſeveral Miles for one. This Piece of good Houſewifery in many of the abler Sort of good Women is happily experienced, not only by their own Families, but alſo by many of their poor Neighbours, who are unable to provide ſuch Cordial Remedies: And it is certainly one of the beſt of Charities, for Women of Ability to diſtill Cordial Waters at home, to keep Balſams by them, and to furniſh their Cloſet with ſuch Remedies as may relieve the neceſſitous poor People, who perhaps might loſe their Lives if not thus timely aſſiſted with ſuch charitable Means. Inſtances of which Sort of Benevolence are well known to us at *Gaddeſden*, by the noble Actions of two Gentlewomen now living near us; the one for giving an expenſive Liquor to penurious Perſons, and thereby curing many of their Agues; the other for diſtributing of Cordial Waters to the Sick, viſiting them, and giving Cloaths to ſome, according to her Ability: Moſt worthy of the Example and Imitation of all thoſe whoſe Conveniency enables them to do the like. But for a farther Deſcription of a right Country Houſewife, I ſhall ſubjoin the following Account, as publiſhed by a Doctor of Divinity amongſt his Works, in Diſpraiſe and Praiſe of Women, *viz.*

"What (ſays he) is more ſhameful than to ſee a Woman in Idleneſs, and with what Pretext can ſhe cover her Sloth? If ſhe has nothing to do for herſelf, has ſhe nothing to do for the Poor? Let her read in the laſt Chapter of *Proverbs* the Occupations of a compleat Woman. She was without doubt a Perſon of Quality, ſince *Solomon*, who gives her Deſcription, repreſents her Huſband in the Rank of Senators and Princes of the Earth: But did ſhe

"do

" do as the Dames of our Days, who paſs all the Morning " in ſleeping and dreſſing, the reſt of the Day to receive " and pay Viſits, and all the Night at Play, at Ball, at Co- " medy, at Feaſts, and all other Diverſions that they can " invent ; who are provoked they can enjoy no more, and " who regard Labour as a Thing unworthy of their Rank, " and proper only for low Conditions ; who employ all " their Induſtry and all their Application to invent new " Modes, to ſearch new Pleaſures, to overcome the Defor- " mity of Nature by artificial Beauties, to conſume their " Subſtance in fooliſh Expences, rather than conſerve it by " wiſe Œconomy ; who leave to Servants the Care of " their Houſes and the Conduct of their Affairs, who have " no Concern on them of bringing up their Children in " Piety, nor to keep their Servants in their Duty ; who " take no Account of what paſſes in their Family, and who " are nevertheleſs curious of knowing all that happens in " that of their Neighbours, to make it a Subject of Enter- " tainment and Matter of Diverſion in Company !

" This was not the Life of that generous Woman who " was the Model of her Sex ; ſhe made no ſuch bad Uſe " of her Time, and had not ſuch an ill Opinion of " Labour ; they ſaw her always in Exerciſe and in Ac- " tion ; ſhe aroſe before the Sun, to give her Maidens " Work, and to teach them herſelf ; ſhe work'd on Li- " nen and Woollen, and judged not that Application " unworthy of her Study or the Nobleneſs of her Birth ; " ſhe knew all the Secrets of Œconomy and Govern- " ment ; there was nothing betrer managed than her " Houſe, nor nothing better regulated than her Perſon; " ſhe had a very great Care in the Education of her " Children, and of the Fidelity of her Servants ; as her " Eſtate was juſtly acquired, it was very uſefully em- " ployed ; ſhe made a wiſe Diſtribution of it in favour " of thoſe who had need, and ſhe had no Poor about " her that eſcaped her Knowledge and her Charity ; ſhe " comforted one and aſſiſted another, ſhe made one " agree with the other, and compoſed all the Differences " which were bred between them ; her Huſband, who " had a perfect Confidence in her, repoſed himſelf in- " tirely on her Care of his domeſtick Affairs, whilſt he

" was

" was employed in the moſt important Negotiations of " the State.

" You will perhaps ſay, that this Woman is no other " than in the Idea of the Wiſeman, and that there are " none of this Sort in the World; but you will find " a great Number before the Tribunal of *Jeſus Chriſt*, " who will condemn the lazy idle Life that you lead, " by the Example of an acting and laborious one that " they led: If there be any guilty of Sloth, pretend " not to juſtify yours by theirs.

THE

THE

COUNTRY Family's Profitable Director:

According to the Preſent Practice of the Country Gentleman's, *the* Yeoman's, *the* Farmer's, *the* Labourer's *Wives, and Others, of the Counties of* Hertford, Bucks, *and other Parts of* England.

Of the ſeveral Sorts of Wheat uſually ſown in England *for making Bread.*

THERE are various Sorts of Wheats ſown in *England*, for making Bread with their Meals: As the White, the Red, and the Yellow Lamas Sorts, that are juſtly accounted the beſt of Wheats: The Dame, the Pirky, and the White-Cone, are likewiſe very valuable Wheats: But the Weſt-Country Grey, and Blue-Ball Wheats, or what they call, in ſome other Countries, the Dugdale or Bold-Rivet, and French Wheats, are deemed the coarſeſt of all others. Now moſt of theſe are ſown in *Hertfordſhire*; and although the Bearded Blue and Grey Ball Wheats are of the cheapeſt and coarſer Sorts, yet their Meals are much made uſe of by the common Baker, as well as private Families, in the City of *Wells*, and in many other Places of the Weſt; and in leſſer Quantities elſewhere: Which leads me to make Obſervations on their different Meals, and Bread made of them in ſeveral Parts of *England*.

Why ſome Gentlemen, Yeomen, and Farmers grind their own Wheat for their Family Uſes.—THERE are many Gentlemen,

tlemen, Yeomen, and Farmers, who occupy arable Land, that think they have a great Opportunity to ſave the Penny, in the Management of their Offald Wheat: For that theſe, if their Farms are of the larger Sort, muſt make what we in *Hertfordſhire* call Peggings, in large Quantities, being what comes from the Underline or Blighted, or other Wheat Ears, moſt of which contain in them very thin little Kernels, that will eaſily part from their Chaff; and it is chiefly ſuch Ears that break off from their Straw in threſhing: And then it alſo is, that in making uſe of the Knee Fan, and Wheat Ridder Sieve, theſe Ears are fanned and ſifted to the Top of the Wheat Kernels; from whence they are taken off by the Hand, and reſerved till a good Parcel are got together for being threſhed over again; and the Produce is that which we (when clean'd) call Peggings, and are what we grind alone, or in a Mixture with a better Sort. Thus many Yeomen and Farmers eat the worſer Bread, as Butchers and Poulterers do their ſtaler and worſer Meats, and by ſo doing ſell the largeſt and beſt Wheat at Market; for he who mixes ſuch ſmall Kernels with bigger ſtands the Chance of loſing a Groat or Six-pence in a Buſhel. It is true, that ſuch Underline ſmall Kernels make more Bran and leſs Flower than better Wheat does; yet this is thought by ſome to be the leſſer Evil: Others are of a contrary Opinion, and therefore I ſhall ſhew

Why Others refuſe to grind their own Wheat, and buy Meal for their Family Uſes.—There are ſeveral Reaſons to be aſſigned for this. *Firſt*, It is the Practice of ſome Farmers to refuſe grinding their own Wheat, for buying what we call Middling, which is a Wheat Meal, between the fineſt and the coarſeſt Sorts; becauſe, ſay they, we will not grind the worſt Wheat for our Family, but the worſt and beſt ſhall be ſold together; and for ſo doing ſome will put a Peck of Peggings or thin Offald Wheat in the Middle of a Five Buſhel Sack of good Market Wheat: Others, contrary to this, when they fling their threſhed Wheat out of its Chaff, many light Kernels fall ſhort, which is a lean Offald Corn; theſe, when diſcharged of the Seeds of Weeds, they mix with larger body'd Wheat, and ſell all together. By this Means they avoid grinding their lean worſt Corn, that ſeldom produces more than three Buſhels of Meal from five Buſhels of ſuch Wheat, and inſtead thereof buy a coarſe Meal called Randan, which is a third and the worſt Sort that Millers ſeparate. The firſt and fineſt Meal that is grinded

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in *Hertfordſhire*, called Houſhold, is all or moſt of it ſold in *London*; ſo that little elſe is ſold at our Country Shops but Middling and Randan Meals. In the next Place I am to inform my Reader, that ſometimes a Buſhel of our beſt Wheat has weighed ſixty or more Pounds; and I and many others have ſold five Buſhels of ſuch Wheat for as much Money as five Buſhels of Randan Meal has coſt: Whereas, If we grind our own good Wheat, five Buſhels of the beſt Sort generally make four Buſhels and an half, or more, of Meal, and the Bran we reckon pays for grinding. But notwithſtanding this, ſome Gentlemen, Yeomen, and Farmers, think it moſt to their Intereſt to have five Buſhels of this Randan Wheat Meal, which they buy at the ſame Market they ſell their Wheat at, and bring it home by the Return of their Waggon or Cart; for that, in ſo doing, they know they are out of the Danger of being impoſed on by any diſhoneſt Miller, in whoſe Power it may be to return a due Weight of Flower, and yet bite the Farmer, it being poſſible for ſuch a Miller to take out ſome of the fineſt and heartieſt Flower, and put coarſe in its Place; or to grind bad Wheat, and keep the better Sort. The ſame in other Shapes; he may, if he is not an honeſt Man, greatly damage that Gentleman, Yeoman, or Farmer, who conſtantly grinds all the Wheat he uſes at his Mill. It is a common Computation, that in the cleaning of five and twenty Buſhels of Wheat, there will be a Buſhel or more of Offald thin Kernels ſeparated from the larger body'd Sort, which, as I ſaid, is by ſome Yeomen and Farmers mix'd amongſt four and twenty Buſhels of the better Wheat, becauſe they think that in this Quantity the Buſhel of Offald will not be eaſily perceived by the Buyer. However, it is my Opinion, that where one Yeoman or Farmer ſells all his Wheat and buys Meal, there are ſix that grind what they uſe for their Families. For my own Part, I muſt own I have ſold my Wheat and bought Meal; but as I now grind my Wheat Griſt with a reputable eminent Miller, at *Oak-Mill*, near *Hempſtead*, I am ſatisfied of his Fair-dealing, and think myſelf ſo well uſed to have five Buſhels of Wheat ground for only one Shilling Charge, that I grind all, and buy none. Yet I know a great Farmer living near *Redbourne*, in *Hertfordſhire*, that thinks it better Œconomy to ſell all his beſt Wheat by itſelf, and his worſt Wheat by itſelf, and buys a Sack of Meal every Week for his Twenty in Family. By all which a Perſon may perceive, whether it beſt anſwers his Intereſt, to ſell

all his Wheat and buy all his Flower, or grind his own Wheat for his Family Uſes.

How a private Family may preſerve their whole Wheat ſweet in Sacks for ſome Time.—I KNEW a little Farmer, that kept only two Horſes at Plow and Cart, who preſerved his threſhed Wheat in Sacks, ſweet and ſound, a Year together, in a Chamber, for taking the Advantage of a riſing Market; and to do this, he would once in a Summer ſcreen all this his Sack Wheat, to get the Duſt out of it; for it is the Duſt that heats the Grain, while it ſtands thus undiſturbed, cauſing it to ferment, and breed either the Wevil, Maggot, or Mite, or elſe a Muſtineſs and Stink in it. Wherefore if whole Wheat or Wheat Meal is dry, it is better kept in Sacks, in a Chamber, than near a Fire-Side, becauſe the Fire draws out its Moiſture, and ſours it: Nor ought they to be kept in damp Places, for here they will be apt to matt and cake, and ſpoil. The beſt Way therefore, as I ſaid, is to keep both Wheat and Flower in a Chamber, at all Times of the Year: If in Sacks, a thick Stick ſhould remain thruſt down in the Middle of it, with the Mouth of the Sack left open. And in caſe you miſtruſt the Wheat or Flower to ſuffer, tie up the Sack's Mouth, turn it topſy-turvy, and the Removal will much contribute to the keeping of it ſweet; for by ſuch turning the Wheat or Flower lies in a looſer Body than it did before, as the Poſition of their Particles becomes thus altered; ſo it prevents in a great Degree their heating, fermenting, and ſpoiling, and the ſurer, if ſuch a Sack of Wheat or Flower is thus turned once every two or three Weeks: for it has been proved, that when a Sack of Wheat or Flower has received a little Damage, by ſtanding too near a Fire, or in a Chamber too long undiſturbed, that by now and then turning the Sack topſy-turvy, it has recovered it. One ſet a Sack of Flower too near a Fire, and was forced to give it to the Hogs.——Or take this ſerviceable Account in the following Manner, *viz.* This Subject affects moſtly three Sorts of Country Houſewives; the Yeomens, the Farmers, and the Labouring-Mens Wives: The two firſt, becauſe it ſometimes happens, that the Yeoman and Farmer are obliged to houſe their Wheat in a damp Condition; and as Houſe-keeping requires a conſtant Supply of Bread, there is no waiting twelve Months, or half twelve Months, till ſuch Wheat gets dry in a Stack, Cock, or Mow: So the Labouring-Man's Family, who get Part of their Bread in leaſed Wheat, requires likewiſe a preſent Supply.—In which Caſe, it con-

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cerns theſe three Sorts of Houſewives to dry a Sack of Wheat more or leſs with the greateſt Expedition; and that it may be ſo done, ſuch Wheat ſhould be placed by the Fire-ſide, by ſetting a Sack of it at a convenient Diſtance from it. If it is a Brick or other damp Floor, the Sack ſhould ſtand four, ſix, or more Inches above Ground, on a Stool or otherwiſe, if the Place will admit of it, that it may get the ſooner dry. This done, thruſt a Stick down the Middle of the Sack, of the Length and Thickneſs of a common Broomſtick, which let remain, turning it about twice or more in a Week, for giving Air to the Wheat, and preventing its heating and muſting, always keeping the Mouth of the Sack open. And that this Piece of good Houſewifery may be performed the more effectual, my Advice is, that every Time our Houſewife bakes, and as ſoon as the Bread is drawn, ſhe take the Stick out of the Sack, and heat it in the Oven, and when it is hot, that ſhe thruſt it down again into the Middle of the Sack, as before. This is done to draw the Moiſture of the Wheat to the Stick, for contributing to its quicker drying. And I add, that ſo much Streſs is laid on this Way of drying a Sack of Wheat, that in damp Seaſons, it is, by ſome Farmers, practiſed in order to obtain the greater Price for it at Market. But then they take care to ſhoot all the Wheat out of the Sack on the Floor before-hand, to mix it all alike, leſt that Part, which ſtood next the Fire, be dryer than the reſt.

How to preſerve Wheat-Meal ſweet in Sacks.—This I ſhall ſhew by the Caſe of a Widow, who conſtantly bought her Wheat-Meal of a Miller, and being few in Family, aſked him, How ſhe ſhould keep it dry and ſweet, in the Sack he brought it in, till ſhe uſed it? To this the Miller anſwered——Let it ſtand in a dry Place, and turn the Sack Bottom upwards now and then, and he would engage it would keep ſound many Months.——Accordingly, I know that this Widow and other *Hertfordſhire* Houſewives obſerve to do the ſame; for that it keeps the Meal from lying ſo cloſe as to cake, heat, or breed Mites, becauſe by ſuch Tranſpoſition it has a little Removal, and lies higher and hollower than it did before. And for a further Security of this Advantage, make uſe of the Broomſtick, as I have before directed, for by ſuch Alteration both whole Wheat and Wheat-Meal may be much longer preſerved ſweet and ſound, than if it ſtood in Sacks without being managed in this Manner.

How Wheat-Meal by various Means becomes damaged by Inſects.—THERE are great Quantities of bad Meals ſold at Shops, occaſioned by ſeveral Means. *Firſt*, By the naſty ſtinking Wevil, which is a dark brown coloured Inſect, about the Bigneſs of a large Flea, and is moſtly bred in damp Wheats, or gets into Heaps of dry ſound Wheat from contiguous infected Lofts or Grainaries; for theſe ſort of Vermin are Travellers, and as they ſtale or dung, or both, amongſt the Kernels of Wheat, they heat it, and thereby increaſe their Breed in infinite Numbers, eſpecially in Summer Time; ſo that ſuch Wevilly Wheat is really of a very unwholſome Nature, and gives the Bread, made of its Meal, an ill Taſte, where they have been in vaſt Numbers, notwithſtanding what the Miller does in ſifting the Wheat before it is grinded, to get them out. And what is more, ſuch damp Wheat, or infected Wheat, is very apt to breed the Mite in the Meal. *Secondly*, In ſome old Lofts and Grainaries, that are boarded on all their Sides, ſmall Worms are bred in Wheat, hoarded at a cheap Time in the ſame, and kept two, three, or more Years againſt a riſing Market.——I know a Yeoman, whoſe Wheat was ſo infected with theſe Inſects in 1744, that he pulled down all his Beechen Side-boards, and put up new Oaken ones in their room, as believing the firſt occaſioned the Breed of theſe Vermin, which greatly increaſed, and would in Time have eaten up all the Kernels. But by doing this, and ſcreening the Wheat, he got moſt of them out. And what was ſomewhat ſtrange, the Wheat when firſt laid in here was thoroughly dry; ſo that this Increaſe muſt be owing either to ſome Worms, lodged in the Crevices, bred perhaps from ſome former damp Wheat, or elſe from the corrupt Rottenneſs of the Boards. *Thirdly*, Meal is frequently damaged by long keeping, for by this the Mite is very apt to breed, and when once they have bred in it, they mightily increaſe in a little Time; inſomuch that they have been often ſeen to ſwarm in the Meal, and even on the Outſide of the Sacks. *Fourthly*, Meal is damaged when it comes from Wheat that grew amongſt the Weeds of Crow-Garlick, Mellilot, and much Mayweed, *&c.* for theſe are of a moſt ſtinking Nature, and grow in many incloſed Chiltern-Fields, in ſuch Abundance, as makes ſome Farmers deſpair of ever clearing their Ground of them. All which is wrote, to give our Country Houſewife Warning to examine well the Meal or Flower before ſhe

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buys it; and in this caſe it is neceſſary for her to employ her ſeeing, feeling, and taſting, the better to prevent thoſe Impoſitions, which the unwary and ignorant Buyer is frequently brought under.

How to know good from bad Meals.—As there are great Quantities of Wheat-Meals infected by Mites, *&c.* and yet are ſold out of Mills, Storehouſes, and Shops, both by Wholeſale and Retail; it concerns our Country Houſewife to make a nice Inſpection before ſhe buys her Meal. Therefore in the firſt Place, by her Sight, ſhe may, perhaps, diſcover two Sorts of Damage in it; the Mites, and a Mixture of Pollard. If by Mites, they are to be perceived by their ſtirring the Meal; for theſe Creatures, although ſo ſmall, as hardly to be ſeen by the naked Eye, yet when they are in great Numbers, they will move the top Part of the Meal, and when they ſwarm, if the Flower is dented by the Fingers, they will preſently level it.—*Secondly*, For a Confirmation of this, ſhe may, by feeling, be the more ſenſible of the Coarſeneſs or Fineneſs of the Flower or Meal, and thereby be able to make the truer Eſtimation of its Value; for if it is very mity, it will feel coarſe, becauſe the Bodies of theſe Inſects are larger than the Particles of fine Meal. The ſame if Pollard or the ſmalleſt of Bran is amongſt it.—A Miller that brought a Sack of Sale-Meal to a Country Shop, as ſoon as the Woman opened it, and had ſeen and felt it, ſaid, What have you brought me Pollard inſtead of Flower? No, ſays the Miller, but if it is too coarſe now, I will bring you finer next time to make amends.—Which leads me to obſerve, that as the whiter Wheat is now generally ſown, the ſmalleſt Pollard is not ſo ſoon perceived in its Meal, as that of the red or yellow Lamas, or brown pirky Wheat, becauſe, the whiter the Skin, the leſs its Bran is diſcovered in its Flower. *Thirdly*, The Damage of Wheat-Meal may be ſometimes beſt found out by ſmelling it. Whools, or Wevils, or Maggots, may be ſcreened and ſifted from the Flower, and good may be mixt with bad to leſſen the Taſte and Smell of them; but when ſuch Meal is tried by a nice obſerving Noſe, it may be diſcovered before it is bought. The ſame when Mites are got into Meal, and cannot be perceived by the Eye, nor felt by the Finger, yet the Noſe may decide the Matter; for if Mites have done the Flower ſome Damage, it will ſmell diſagreeably frouſy, and be worth the leſs. So when Flower is tainted by naſty ſtinking Weeds that grew

amongſt its Wheat, it is better known by ſmelling than by either ſeeing or feeling.

How a common Baker, living within four Miles of London, *improved his beſt Wheat-Meal.*—As I ſaid, red Lamas is accounted the moſt ancient beſt ſort of Wheat in *England*, by producing a Meal and Price exceeding all others, for its Whiteneſs, Fineneſs, and Palatableneſs; but it is apt to grind tougher than either white, or pirky, or Dugdale, or other Wheats. Now as Dugdale Wheat grinds ſhorteſt, and produces a ſweet but coarſe Flower, and as it always ſells for Sixpence more or leſs in a Buſhel than Lamas Wheat, a great common Baker, living about four Miles out of *London*, generally took this Method to increaſe his Profit, and yet made his Lamas Wheat-Flower rather better than worſe. He uſually bought five Sacks of Meal at a time, four of Lamas and one of Dugdale, which he mixed, and they agreed ſo well together, that the Cuſtomer could not perceive any Difference between a Loaf of Bread made with all Lamas Wheat Flower, and that made with a Mixture of Dugdale Wheat Flower. But the chief Benefit of ſuch a Mixture lies in this; that a Loaf of Bread made with theſe Meals will keep moiſt two Days or more, longer than if it was made with intire Lamas Wheat Meal. And therefore not only this Baker, but many others in *London* and elſewhere follow this Practice; not altogether becauſe they get ſomething by the lower Price of the Dugdale Meal, but becauſe it adds a ſweet pleaſant Moiſture to the Loaf of Bread, and thereby much leſſens the ſtale Harſhneſs that in hot Weather eſpecially is apt to bring the finer Lamas Flower Loaf under. And now I am writing on Dugdale or bold Rivet-Wheat, I have farther to add, that it is thought by ſome Farmers true Huſbandry to ſow an Acre or more of this Sort of Wheat wholly for their Family Uſes, that they may be the better enabled to ſell the more Lamas or other dearer Wheats, as thinking this coarſe Sort good enough for themſelves; and alſo becauſe this is a greater Yielder than any other Wheat, will withſtand Blights when others ſuffer by them, and be fit to grind with Lamas Wheat, in caſe a wet Harveſt happens, and it is houſed damp.

The Nature of grown Wheat, and how it comes to be ſuch.—WHAT we call grown Wheat, in *Hertfordſhire*, is that which is damaged in the Field by extraordinary wet Weather: That is to ſay, when Wheat is almoſt ripe and ready to reap, the Straw and Ears being then in their greateſt

greateſt Magnitude, are by long Rains apt to bend, and ſometimes fall flat to the Ground; then it commonly is, that for Want of a free Air and Sun the Kernels grow and ſprout before the Wheat is fit to be reaped. *Secondly*, It alſo ſometimes happens, after the Wheat is reaped, and lies to dry on the Ground, for being bound up in Sheaves, that Rains fall for ſeveral Days together, and cauſe the Kernels to grow in the Ear. *Laſtly*, It has likewiſe been many times the Caſe, almoſt throughout *England*, to have ſuch a wet Harveſt, that though the Wheat was bound up full dry in Sheaves, and ſtood erect in Shocks, yet Rains have fell ſo heavy, and continued ſo long, that the Kernels have grown in the Ear. Now if Wheat is grown by any of theſe three ways, the Flower is damaged, and will never be ſo good as that produced from Wheat which was never ſprouted in the Ear, becauſe all Bread, Cake, and Pye-Cruſt, made of it, will be of a Pudding Conſiſtence, if a peculiar Art is not employed in the Curing of it. This has been frequently experienced, in ſuch a Degree, that the Bread has ſpread about in the Oven Pancake like, and the Knife that cut the Loaf, has brought away with it a ſort of Batter-Crumb, that ſtuck to it, and was of a ſweetiſh but fulſome Taſte. Hence it is that Mealmen refuſe to buy ſuch grown Wheat if they can get better, or if they do buy it, it muſt be at Sixpence or a Shilling a Buſhel leſs than dryer ſounder Wheat ſells for. In ſhort, If Wheat is once grown and ſprouted in the Ear, whether it be got into the Barn or Mow dry or not dry, the Flower of it will never make a right palatable ſtiff Loaf, if it is kneaded in the common way with only Yeaſt, warm Water, and Salt. And what ſeems very ſurpriſing to me is, that no Author that I ever yet read or heard of, has ſo much as touched on this important Article, although in ſome wet Harveſts it affects almoſt all the People of the Nation; for that the Bread, the Cake, the Pudding, the Pye, and ſeveral other things, made of ſuch grown Wheat-Meal, gives them little or more a diſagreeable Taſte. But this I do not ſo much wonder at, if Books of this Nature are wrote in a *London* Chamber; for then, in Courſe, their Authors muſt be deprived of that neceſſary Country Knowledge, as is requiſite for enabling them to write thoſe full and genuine Inſtructions, which are perfectly wanted to aſſiſt a Country Houſewife, in carrying on a true Œconomy in managing

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her domeſtic Affairs in the cheapeſt and moſt houſewifely Manner, for her Family's greateſt Advantage. But to return to my Subject of grown Wheat, I ſhall, for preventing the ill Effects of it, propoſe the following Remedies, *viz.*

How to cure damaged grown Wheat-Meal.—THIS may be done in a great Degree, if any of theſe three Ways are rightly put in Practice. The firſt is, That inſtead of making uſe of warm Water to knead this grown Meal with, as the common Way is, it ſhould be mixed with it ſcalding hot; for by uſing it in ſuch a Degree of Heat, the Liquor aſtringes the Flower, binds the Dough, and tends very much towards making it into a ſtiff Loaf, Cake, Pudding, Pye, *&c.* Hence it is that the true Houſewife, to make her raiſed Paſte at any time, always mixes a ſcalding or very hot Water with her Flower, to make it ſtiff enough to become a ſtanding Cruſt. But if ſkim or new Milk was ſcalded, or rather boiled, and made uſe of inſtead of Water, it would bind the grown Wheat-Meal, and make its Loaf of Bread lighter and whiter. You ſhould alſo obſerve, that in this caſe of making uſe of ſcalding Water or Milk to knead the Dough, you do not mix your Yeaſt with it; if you do, it will ſcald the Yeaſt, and prevent its fermenting and raiſing the Dough. Therefore after you have ſprinkled over your Salt on the Flower, then mix your ſcalding Water or Milk with it, and your Yeaſt with Water only warm. This done, knead all together into a pretty ſtiff Dough, and after it has lain ſome Time to ferment and riſe, mould it into Loaves, and bake them three Hours. *Secondly*, Such grown Wheat-Meal is helped by mixing a Peck of Barley-Meal with three of that, and made into a Dough with ſcalding or warm Water, or with Milk, Yeaſt, and Salt, as aforeſaid; for that ſuch Barley-Meal, being of a dry ſhort Nature, will be ſerviceable in binding the grown Wheat-Meal, and preventing in ſome degree its baking into a clammy ſpreading Condition. *Laſtly*, Such grown Wheat-Meal is cured in the ſureſt Manner of all other Ways, by diſſolving ſome Allum in very hot Water, and mixing the Liquor with it by itſelf, without the Yeaſt, and when they are a little mixed, then ſtir your Yeaſt into ſome warm Water, and incorporate this alſo with the Flower; then knead all well together, and mould it into Loaves, *&c.* for baking; but obſerve that in this laſt Caſe, no Salt muſt be made uſe of, becauſe the Allum will fully ſupply it. One or more of theſe

Directions

Directions may be of great Service to thoſe who are ignorant of them, and who conſume much Bread in their large Families; when Wheat has ſprouted in the Ear by great and long Rains, as it did in 1716. A wet Seaſon (as I am informed) that cauſed laid Wheat, in many Places, to throw out Sprouts as long as a Child's Finger; nor was ſtanding Wheat then free of this Calamity, for moſt of it ſprouted little or much, and ſo it has done in ſeveral Years ſince, though in a leſſer Degree. Alſo obſerve, that although I mention ſcalding Water to be made uſe of in ſtiffening the Meal of grown Wheat; the Water, or Milk, or Whey, ſhould be firſt boiled, and then put over and mixed with the Meal while it is ſcalding hot, becauſe boiling improves it, always remembering to work and knead this Sort of Dough ſtiff; for by ſo doing, the Loaves will ſtand the firmer and tighter in the Oven.

The Practice of a Hertfordſhire *Houſewife for improving the Meal of grown Wheat.*—This is practiſed both by Rich and Poor, as a good Piece of Houſewifery, when Wheat Kernels have much ſprouted in the Field by too much Moiſture; for then, if the Meal is uſed alone, it makes a clammy, lumpy, pudding Sort of Bread, that is very apt to ſpread in the Oven, inſomuch that when a Loaf of ſuch Bread has been made and baked by an ignorant lazy Houſewife, it has been ſo ſoft as to become almoſt fit to be eaten with a Spoon. Now to prevent this, our *Hertfordſhire* good Houſewife, whether rich or poor, commonly endeavours to mix ſome Meal of the laſt Year's dry ſound Wheat, with ſuch Meal of grown Wheat; and they always find that ſuch Management very much helps to cure the grown Wheat-Meal.

Meals made uſe of in ſome of the Northern Counties.—Here they make vaſt Conſumptions of Oatmeal, having but little Wheat growing in theſe Parts, and with this they make Cakes that ſupply Bread, by mixing Oatmeal with Water and a little Salt, which they let ſtand together twenty or more Hours, and then knead it into a Dough or Batter, and bake it like Pancakes on a Stone that has a Fire under it; and when they have prepared a good Parcel, they lay them on Racks to dry, for in this Manner they become hard, and will keep hard, ſweet, and ſound a long Time. At the great and popular Town of *Mancheſter*, their Sacks of Oatmeal ſtand for Sale in their Market, as our Sacks of Wheat do at *Hempſtead*, and ſome other of the

the Southern Markets. And ſo attached are many of their People to the eating of Oatcake or brown Bread, that when they come up with their Waggons of Wheat and Cheeſe to *Hempſtead* Market, they bring their own coarſe heavy Bread, to prevent their being forced to eat our *Hertfordſhire* wheaten Bread, ſaying—They do not like ſuch a corky, bitter Sort;——for you muſt know that in theſe Northern Counties, their Yeaſt is moſtly ſaved from ſtrong mild Ale, and not from ſtrong hopped Beer. The ſame Guſt have the more Northern People for their Oatmeal-Cake-Bread, which moſt of them like to that Degree, as to ſlight wheaten Bread.———In ſome Parts of *Yorkſhire* they eat a blackiſh Rye Bread, and when the Rye is got in wettiſh, to improve its Flower, they heat a Brick and put it amongſt the Dough before it is made into Loaves, in order to draw out the ill Quality of it, and ſo prevent the rowing of it; here they employ Leaven in common to make their Bread, and as their Kneading-tub has always Part of this leavened Dough ſticking to it, it contributes towards leavening and fermenting the next Dough.—Others in the County of *York* make an Oatmeal Dough with fine Oatmeal-water, Yeaſt and Salt, as we do wheaten Bread, and broil or bake it.——Others mix Wheat Flower with a little Salt and Butter-milk, and thus make a good Cake broiled on a Gridiron; and tho' perhaps a little ſouriſh, yet it eats well.

Of the Nature and Uſes of good and bad YEAST *or* BARM, *as it relates to baking of Bread.*

YEAST or Barm is an Ingredient ſo neceſſary, that without it neither Brewing nor Baking can be rightly performed. In the firſt, 'tis true, Yeaſt may be made uſe of to poiſon human Bodies, when too much of it (as is too commonly practiſed) is beat, ding'd or whip'd into Ale or Beer, for a Week together, in cold Weather, to work it, and to make it ſo ſtrong as to ſave one or two Buſhels of Malt in eight; as I have amply made appear in my Treatiſe on Brewing, intitled, *The London and Country Brewer*, ſold by Mr. *Aſtley*, Bookſeller, at the *Roſe* in *Pater-noſter-Row*, *London*. But in baking there is ſo little a Quantity of Yeaſt employed (being mixed with much Water to make Bread with) that it is cured by the

the Heat of the Oven, which diveſts it of any ill Quality it may naturally have in it. Yet there are many curious Perſons ſo nice in this Point, that they endeavour to have their Bread made with as little Yeaſt in it as poſſible.

How to make a little Yeaſt go a great Way in making Bread, and how to make Grounds of Barrels ſupply Yeaſt.—Wheat Flower, coarſe Sugar and Salt are great Promoters of Fermentation, inſomuch that if theſe three Ingredients, in a proper Quantity, are mixed with a little Yeaſt, it will raiſe a briſk Fermentation fit to mix with Water and Flower, and make a Dough for Bread, inſtead of all good ſolid Yeaſt. And ſo will the ſame Compoſition do, if mixed with only Grounds of Barrels, provided the Grounds are thick and ſweet. Thus if ſtale Yeaſt is mixed with only Sugar and hot Water, and ſet near a Fire, in about half an Hour it will ferment and be like new Yeaſt.

A ſecond Account of making Grounds of Barrels ſerve for baking Bread, inſtead of good Yeaſt, in cold Weather.—If Grounds of Barrels, or Bottoms of ſtrong or ſmall Beer Veſſels, are upon Neceſſity to be made uſe of, for want of good Yeaſt, to make Bread; our Country Houſewife may mix ſome Sugar, Salt, and Flower with them, and then ſet the Mixture within the Heat of the Fire (eſpecially if Ale Grounds are made uſe of) and it will riſe and ferment, and the ſooner if you mix ſome warm Wort or Beer with them, provided the Grounds are not ſour, or otherways decayed. And thus poor thin Yeaſt may be alſo made to ferment and bake with, inſtead of good Yeaſt. Others put Brandy and Sugar to Grounds of Barrels or decayed Yeaſt, and it will cauſe it to ferment quickly.

A Method practiſed by a frugal Houſewife to keep her Yeaſt ſweet and ſound againſt baking time, in hot Weather.—This foreſighted frugal Houſewife, if ſhe brewed in hot Weather, would, when her Drink had done working, and the Yeaſt ſettled, pour off the thin or liquid Part, and reſerve only the thick Part, which ſhe would dry in the Sun and Air, and then, after mixing ſome Salt with it, would make it into Rolers a foot long, and thus keep it ſweet and ſound a Month or more together.

A ſecond Way to preſerve Yeaſt ſweet and ſound in hot Weather.—In Summer time I knew a frugal Houſewife plaiſter a Board over with thick Yeaſt, and let it dry on, which being kept in a dry place, was preſerved a long while ſweet; and when wanted, ſhe ſcraped ſome off.

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This, mixed with warm Water, would ferment into a ſerviceable Yeaſt; but if it was backward in fermenting, ſhe added ſome Salt and Sugar to the warm Water.

How to preſerve Yeaſt with cold Water.—THERE is a Way to preſerve Yeaſt ſweet ſome time, if you put cold Water on it; but then the Yeaſt ſhould be thick and ſolid, and after the Water has ſtood on it three or four Days, it ſhould be poured off, and freſh added. This is one Way to preſerve Yeaſt ſweet; but then it is apt to waſte the Spirit of it, and make it the leſs lively. Others put Sugar, Salt, Flower and Brandy to it, for cauſing a Fermentation.

How to preſerve Yeaſt ſweet in a Pitcher.—THIS is practiſed by many of our Country Houſewives, who after their ſtrong or ſmall Drink has fully done working, and the Yeaſt ſettled in the Tub or Pan that receives it from the Veſſel, will pour off the thin Beer Part, and put the ſolid Part into a Pitcher, which if tied over with the Skin of a Hog's Flair or Bladder, and kept in a cool Place, may be preſerved ſweet, for making Bread with the ſame, a Month or more.

How to preſerve Yeaſt in Bottles.—THIS is done by puting ſolid Yeaſt into a Stone or Glaſs Bottle, that has a wider Mouth than common Bottles have; then cork the Bottle, and put it into a cool Cellar, or more ſecurely, into a Ditch, Pond, or River; and the Coldneſs of the Cellar or Water will prevent its fermenting, and preſerve it ſweet a long Time. So that a Houſewife need not be at a Loſs for Yeaſt to bake with, if ſhe will but get one or more of theſe Bottles, and thus ſave her Yeaſt from one Baking to another. And obſerve, that whenever ſhe puts ſuch a Bottle of Yeaſt into a Ditch, Pond, River, or Well, ſhe ſhould be ſure to place it as near as ſhe can to the ſhady Side of it. For this Reaſon a Well is a better Conſervatory than a Cellar, Ditch, Pond, or River, becauſe the Bottle of Yeaſt is here entirely kept in the Shade, and in the greateſt Coolneſs. Others will put Yeaſt into a Stone Bottle, and keep it in a Hole in the Ground, as the beſt Way of all others.

How an old Woman, that kept a public Houſe in Hertfordſhire, *made it her common Practice to increaſe the Quantity of her Yeaſt.*—THIS Woman generally brewed once a Week throughout the Year, and not only ſold her own Yeaſt, but would buy that made by her private Neighbours, in order to adulterate both for Profit ſake. And

to

to do it in a Manner that could not be eaſily perceived nor diſcovered, ſhe mixed Flower and the Grounds of Barrels with her good Yeaſt, and ſold it for Four-pence a Quart, to bake and brew with.

Of the Cheapneſs and Dearneſs of Yeaſt or Barm.—The Want of Yeaſt, in many Parts of *England*, obliges many Perſons to deſiſt from baking their own Bread, to their Loſs; and this even in ſome Towns, where in warm Weather it is cheaply and eaſily had for Three-pence or Four-pence a Quart, and yet in hard and long Froſts it is ſometimes ſold for Six-pence, a Shilling, two Shillings, and I have known it ſold for two Shillings and Six-pence a Quart, in the great Froſt of 1740. Which is enough, I ſhould think, to put our Houſewives upon a Prevention of ſuch an extravagant Expence, which they may do, if they will but obſerve what I have written of ſaving Yeaſt before-hand.

How a Tradeſman in Hertfordſhire *brewed ten Buſhels of Pale Malt in the Hard Froſt of* 1740, *chiefly for making an extraordinary Profit of the Yeaſt produced from the ſame.*—This Fact was performed in the hard Froſt, 1740; which occaſioned Yeaſt to ſell at the before-mentioned Prices in many Country Towns within forty Miles of *London*. And it was the extraordinary Price of two Shillings per Quart, that Yeaſt ſold for in the Months of *January* and *February*, that tempted an Acquaintance of mine, then living at *Barkhamſtead St. Peter*, in *Hertfordſhire*, to brew ten Buſhels of pale leiſure-dried Malt, which by his Care and Skill produced him ten Gallons of Yeaſt, which he ſold at two Shillings per Quart, and thus made four Pounds of the bare Yeaſt; for he was an excellent private Brewer (not one of them that regard a ſerviceable Secret like a Tale of *Tom Thumb*) who made a Trial firſt to prove its Effect, and as he found it, judged it. This Perſon was noted for having a moſt ſilky, fine, palatable Ale generally by him, of which, though a Tradeſman, he was no Niggard; and that his Malt-Drink might excell the common Sort in Goodneſs, he did not grudge the Charge of buying three Pounds of Hops, when others bought but two, becauſe he boiled them only thirty Minutes or leſs; but his Wort he uſually boiled longer, till it broke into Particles as big as large Lice: Or, to ſpeak plainer, till the Hops ſunk, and the Wort boiled curdled clear. Then it is, that ſuch ſtrong Beer or Ale (if the Fermentation is rightly carried on) will yield a very large Quantity of Yeaſt. *To*

To make bitter Yeaſt freſh.—THERE are two or more Ways of doing this; one is, as I ſaid, by pouring cold Water on it, and after its lying twenty-four, or more Hours, it muſt be pour'd off, which may be eaſily done if the Yeaſt is ſolid, for cold Water will not mix with Yeaſt like Beer.—But the common Bakers Way is, to put long Bran on a Linen Cloth, and your bitter Yeaſt on that, which you are to waſh out from the Bran with hot Water.—Or you may ſoak a Birch Broom in Yeaſt, and though the Yeaſt be bitter, the Air will dry and freſhen it againſt the next Baking, when it may be waſhed in warm Water.———*N.B.* By the Waſh of the Bran, the bitter Part of the Yeaſt lodges in it, and thus makes the Wheat-Meal go the further in making Bread.

Good Neighbours Yeaſt.—I CALL this good Neighbours Yeaſt, that is to ſay, where there is a good Neighbourhood, when one brews, ſhe lends her Yeaſt to a Neighbour for baking or brewing. And when the other brews, ſhe does the ſame. Thus a good Houſewife need not be at much Expence in buying Yeaſt; as it is practiſed at a little Innſhip called *Maintmore*, in *Bucks*, where there are about half a Score Houſes, and where their Neighbourhood ſo well agrees together, that this is their conſtant Practice to lend one another Yeaſt alternately. And thus they prevent their being at any extraordinary Expence and Trouble of buying it at a greater Diſtance.

Of Leaven, and Leavened BREAD.

AS many are ignorant what Leaven is, I ſhall in the firſt Place give an Account of it. And that it may be the more known, I ſhall here obſerve the Method a Days-man's (as we call them in *Hertfordſhire*) or Labourer's Wife took to make and keep her Leaven from one Baking to another. Her Family was a Huſband and five Children, ſeven in all, which obliged her about every ten Days end to bake one Buſhel of Flower; and as her Money was ſhort, and Yeaſt ſometimes ſcarce and dear, ſhe always took care to ſave a Piece of her leavened Dough, at each Baking, about the Bigneſs of her Fiſt, and making a little Hole in the Middle of it with her Finger, ram'd it full of Salt, and in a Ball Shape ſhe let it lie covered over with Salt in her Salt-Box till the next Baking; by which

Time

Time it got dry and hard enough to break into Crumbles, for mixing them with half a pint of Yeaſt and warm Water. This, when put into the Middle of the Flower, as it lay in a Tub or Kneading-trough, was ſtirred with ſome of the Meal, and left to ferment and riſe, which in warm Weather it would do in an Hour or two's Time. Not that Time is a true Indication when it has fermented or riſen enough; for to know this, ſhe would look now and then, and when ſhe ſaw the Place cracked over where the Leaven lay, ſhe knew it was enough, and accordingly mixed the reſt of the Flower, and kneaded all into a moderate Stiffneſs; for if it was kneaded too ſoft, the Bread would be apt to ſpread in the Oven, be light, and crumble; and if too ſtiff kneaded, it may be baked till it is too cloſe, heavy, and hard.

How to make Leaven and leavened Bread for a private Family.—LEAVEN, as I ſaid, is a Piece of Dough ſaved from the laſt leavened Dough, and preſerved with Salt, as before mentioned, and is thus chiefly prepared for ſaveing Yeaſt; for by this means half the uſual Quantity of Yeaſt ſuffices, and yet cauſes the Bread to eat pleaſanter, to be hollower, and is wholſomer than if the Dough was made with all Yeaſt. On which Accounts the *French* and other Foreigners commonly make their Bread with ſome Leaven in it: For which Purpoſe, the leavened Piece ſhould be kept dry enough to be broke ſmall into ſalt warm Water, well ſtirred about, till all is diſſolved and thoroughly mixed. Then ſtrain it through a Sieve, to keep back any grouty Part. This being done, make a large Hole in the Middle Part of the Flower, and pour into it this liquid Leaven, which you are to incorporate ſo well, as to make this Part of a Haſty-pudding Conſiſtence; then cover with dry Meal, and let all lie together all Night to ferment and riſe. Next Morning add ſome Yeaſt with ſome more warm Water, and ſprinkle Salt over the whole Parcel of Flower according to Diſcretion, which mix and knead together till the whole is made into a ſtiffiſh Dough, and moulded into Loaves; always remembering, with a Pocket Meat Fork, or ſomething elſe, to prick Holes in the top Part of each Loaf, for this lets out the Air when the Bread begins to be hot in the Oven, that otherwiſe would cauſe the upper Cruſt to be puffed up and crack.

An Account given this Author by a ——— Woman, who, when ſhe was ſingle, lived with a Country common Baker that made uſe of the Spunge, otherwiſe Leaven, and em-

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ployed Allum in making his Bread.—This Woman ſays, that her Maſter, who was a common Baker juſt ſet up, uſed to bake four Buſhels of Flower at a Time, twice every Week, and always (both in Summer and Winter) ſaved a Piece of his leavened Dough about the Bigneſs of a Man's two Fiſts, in which he put as much Salt as would fill an Egg-ſhell. When the Salt was wrapt up in this Dough, he kept it cover'd all over in Salt againſt he wanted it, and generally made uſe of that Leaven which was about a Week old; for ſhe ſays, that he thought it better at that Age than uſed ſooner. Then, when he wanted it, he diſſolved it with two Ounces of Allum in warm Water, and with this Liquid he mixed a Pint of Yeaſt, which he put into a Cavity or Hollow made in the Meal, and covered all with dry Meal; here it lay fermenting an Hour or two, and when enough, he kneaded the whole Quantity of Meal, with what more warm Water was neceſſary, into Loaves, and baked them.——Allum, ſhe ſays, ſaves Salt, for by uſing it in this Quantity, the Baker employed no more Salt in two Buſhels of Meal than what was contained in the Leaven. She ſays alſo, that Allum ſaves Yeaſt, becauſe it helps to hollow the Bread, yet binds and keeps the Dough from ſpreading too much, and adds a whiter Colour to the Bread, than if Salt was made uſe of in its ſtead. She further ſays, that ſhe has heard that ſome great Bakers have laid their Spunge over Night; when this is done, the Leaven muſt be put the deeper into the Meal. [However, it is objected by ſome, that where Allum is made uſe of, it brings on a Staleneſs of the Loaf of Bread ſooner than if Yeaſt was made uſe of in its ſtead; makes it eat harſh, and cauſes it to crumble more than ordinary.] And that 'tis true her Maſter thus made uſe of Allum; ſhe ſays, ſhe has weighed it ſeveral Times for this Purpoſe. And why I am the more particular in my Account of it is, becauſe I never met with any common Baker, but what denied he ever made uſe of Allum in making his Bread. This common Baker began at firſt with baking only eight Buſhels of Wheat-Meal a Week; but ſince is become a Baker of great Trade.

A Cheſhire *Servant Maid's Account of her making leavened Bread.*—She told me in *November* 1746, that in that Part of *Cheſhire* where ſhe had lived they eat Barley-bread, or Bread made with half Rye and half Wheat-Meal, which they there call Mobbum Bread; but in other Parts of *Cheſhire*, towards *Mancheſter*, ſhe ſays, they eat ſour Cake,

Cake, that is to ſay, Oatcake-Bread. Her Way to make Barley or Mobbum Bread was to ſave a ſalted Piece of leavened Dough againſt next Baking, and then crumble it into warm Water, with which ſhe mixed her Flower, and made it juſt into a Dough over Night, and let it lie till next Morning, when ſhe kneaded it for good. She ſaid, they make uſe of no Yeaſt, unleſs they think the Leaven not ſtrong enough to ferment the Dough of itſelf,—but to make Leaven the firſt Time, knead a Piece of Dough with Salt, as long as it will take up any, then hang it up, or leave it covered in Salt; and to make it better, you may add a little Yeaſt to the Dough, or inſtead thereof ſome Grounds of Ale, or an Egg. The ſtaler the Leaven the cloſer will be the Bread, and the ſooner ſour, and if the Dough is not well kneaded, it will be ſtreaky.

Of making common Wheaten-Bread for a private Family in Hertfordſhire.

THE common Way of making wheaten Bread for a private Family in *Hertfordſhire*, is done by heating Water a little more than lukewarm in Summer, but hotter in Winter, and as a Buſhel of Flower or Meal lies in the Kneading-kiver, or Trough, or Tub, our Country Houſewife ſprinkles a Handful of Salt over it, and ſtirs it in; then ſhe mixes a Pint of Yeaſt with ſome of the Flower, and lets it lie a little while to riſe; next ſhe lades her warm Water over the whole Maſs, and kneads away. Others mix the Yeaſt with the hot Water, and pour it over the Flower, and then knead all into a Dough moderately ſtiff; and as they begin this when the Fuel is put into the Oven, they get the Bread ready againſt it is hot, which will be in about an Hour's Time; and to know when it is enough, there are many Ovens that have a little Stone fixed in the Brick Work, at the fartheſt End, oppoſite the Oven's Mouth, which when cold is of a blackiſh Colour, but when it appears whitiſh, it is a Mark or Indication for knowing the Oven is hot enough. Others regard the Sparkles of the Fire that fly up, on rubbing the Bottom of the Oven. If theſe then ſpread briſkly about, they reckon the Oven is hot enough to be ſwept, and the Loaves put in and ſtopt up. The good Houſe-

wife alſo obſerves not to heat her Water too hot, knowing that if ſhe does, it will cauſe the Bread to be too heavy and cloſe. Others, for this Purpoſe, boil their Water, or ſkim Milk, or Whey, and let it cool till it is a little more than Blood-warm, as believing this adds to the Goodneſs of the Bread. But the common Baker ſays, That Country Women do not underſtand making and baking Bread in the beſt Manner, becauſe they generally, on putting their Yeaſt, Salt, and Water to the Meal, mix all together as faſt as poſſible, and after letting the Dough lie but little (as ſome of the worſe Houſewives do) they mould it into Loaves, and directly put it into the Oven, without giving the Dough its due Time to ferment, ſwell, and riſe: But the good Houſewife makes her Dough ready before ſhe begins to light the Fire in the Oven, that it may have the longer Time to lie before it is moulded into Loaves.

To make Bread with a Mixture of Wheat and Barley Meal, ſo as to make it anſwer the greateſt Advantage of a Family.

GRind of each a like Quantity together (though ſome mix half a Buſhel of Wheat with a Buſhel of Barley) becauſe theſe for this Purpoſe are better grinded together than alone, by reaſon the Barley being thus mixed with the Wheat, is grinded the finer; for if the Barley, which is the bigger-bodied Corn, was to be grinded by itſelf, they ſeldom grind it very fine; but when incorporated with Wheat, the Miller knows it is for Family Uſe, and will grind it accordingly. Now to make the beſt Uſe of this mixed Flower, take ſkim Milk, warm it, then add Yeaſt to it, and mix this and the Meal together, in the uſual Manner of making of Dough with all Wheat-Meal, Water, and Yeaſt; but Milk with Yeaſt makes theſe Meals into what we call a lively Dough, that cauſes the Bread to be hollower, ſweeter, and whiter, than if Water is only mixed with the Yeaſt. Again, Yeaſt is often times bitteriſh; when ſo, the Bitterneſs is much leſſened by the help of ſkim Milk, for if only Water with Yeaſt was employed to make this Barley and Wheat Mixture, the Bread would be apt to be heavy and rough taſted, and bitter Yeaſt has a predominant diſagreeable Taſte. Thus, with theſe two Meals, a good Sort of Houſhold-Bread may be made.

How

How a Yeoman's Wife made a Barley Bread, with which ſhe brought up her Family in Hertfordſhire.—THIS Yeoman lived about three Miles from me, was Owner of a Farm that employed five Horſes, and brought up his numerous Family with Bread made of all Barley-Meal, which being of a ſhorter Nature than Wheat-Meal, his Wife uſually mixed new Milk with ſome warm Water, in order the better to hold this ſhort Meal together, make the Bread appear whiter, eat the ſweeter, and keep the longer; for if ſkim Milk was made uſe of, the Dough would require the more ſqueezing and kneading, and keep the leſs Time from ſouring; and becauſe Barley-Meal is of ſuch a ſhort Nature, there muſt be the more Yeaſt or Leaven (or both) mixed with it, to make it into a right Dough. This Woman alſo, in making her Pye-Cruſt, made it of Barley-Meal and Wheat-Meal mixed together, becauſe ſhe thought this Mixture made ſhorter and better Cruſt, than if all Wheat-Meal was made uſe of.

What chiefly occaſions Bread to crumble, and what helps very much to prevent it.—IT is well known to our right Country Houſewives, that if the Meal is over-watered, or over-yeaſted, the Bread will crumble too much; but when the Dough is made of a right Mixture of theſe three Ingredients, and is kneaded till it is hollow and ſtiffiſh, it is then work'd right; if otherwiſe, there is often what we call Sluts-pennies among the Bread, that will appear and eat like Kernels: Or there will be little Lumps of dry Flower, both which are occaſioned merely by wrong Management, and cauſes the Bread to be offenſive both to the Palate and Stomach.

How in making Bread its Loaves are prevented from crumbling.—A WOMAN that came out of *Staffordſhire*, to live near me in *Buckinghamſhire*, ſaid, She knew a common Baker in her Country that always made uſe of cold Water as well as warm Water in the kneading of his Dough to make his Loaves of Bread, for preventing their crumbling too much. To do which, after he had mixed his Yeaſt with warm Water, and had a little kneaded his Dough, he now and then poured a Diſh of cold Water over it, and proceeded to knead his Dough till he had worked it enough. This, he ſaid, would keep the Bread from crumbling too much. And it is this ſame Method that this Woman always followed, when ſhe kneaded her Dough, and made Bread for her numerous Family.

The Damage of letting Bread lie too long in an Oven.—It is a Rule among our Country Houſewives, that if Loaves of Bread ſtand longer than three Hours in a well heated Oven, they will fall and be lumpy, like as a Toaſt toaſted beyond its due Time will be too hard.

Of making Bean and Pea Bread.—The Bean Flower makes a rank hearty Bread, even the rankeſt in Taſte of all others made in *England*, and which cannot be made into Loaves ſo well as other Bread, becauſe it will crack and be brittle, therefore it is commonly made into Cakes in ſome Parts of the North; its Meal is of a yellowiſh Colour, and ſo is its Bread. Pea Bread is much ſweeter; yet in ſome Parts of the North they grind Beans and make Bread of them, and ſometimes they mix Bean Flower with Barley Meal for Bread.

Of making Bread with Oats and Tills.—Tills is a Grain that will grow well on poor chalky and gravelly Soils, and is about one third Part leſſer than common Peaſe. Tills being ground into Flour, and mixed with fine Oatmeal, make a coarſe hearty Bread; but Tills of themſelves make a bad Bread, and Thetches worſe.

What Occaſions Bread to be ropy and muſty, &c.—Wells and Ponds, that lie in the Reach and Influence of the Sea and Salt-water Rivers, have their Waters generally of a brackiſh Nature and Taſte, inſomuch, that without great Care is taken in managing the Dough, the Bread will ſoon become ropy. So if Bread is made from Dough that is over water'd, it will be apt to rope and ſoon grow mouldy; the ſame if Bread is kept in a damp Cellar too long. I had once a lazy Maid Servant that would not knead her Dough enough, and then the Bread crumbled, and would not keep ſweet long; but another, that kneaded her Dough well, and work'd it ſtiff into Loaves, made as good Bread as the other did bad. In ſhort, if Bread is kept in too moiſt a Place too long, it will rope, or hoar, or mould. And if it is kept in a very dry Place too long, it will eat hard, and be apt to crumble. A Place between both Extremes is beſt.

What the Laplanders *and* Norweigians *eat for Bread*, &c.—In the Month of April 1748, a *Sweediſh* Gentleman, Profeſſor of Natural Hiſtory in the Univerſity of *Obo* in *Finland*, and one of the Royal Society of *Stockholm*, was at *Gaddeſden*, above a Fortnight together, to ſee my Ways of Huſbandry, and among other things he told me, that

that the *Laplanders*, who are under the *Sweediſh* Government, are never troubled with the Scurvy; becauſe their Bread is dried Fiſh, and other Diet accordingly; which cauſes their Bodies to be ſo lightſome, that a *Laplander* will walk over their white moſſy Land a long Way in a Day without tiring, will lay his Leg on his Shoulders, and that a *Laplander* of eighty Years of Age, would tire the youngeſt, ſtouteſt *Engliſhman* in walking. He alſo informed me, that in ſome Parts of *Norway*, the Inhabitants dry and grind the inner Bark of the Fir-Tree, for making Bread of its Powder or Meal. In *Sweden* many alſo dry and grind the Buck-bean, and Marſh-trefoil-root after they have got out its Bitterneſs by ſcalding Water, and then make it into Bread.

The Management of a Buſhel of Barley-Meal by a Labourer's Wife.—THIS Woman having four Children, her Huſband, that is a Day-Labourer at threſhing, hedging, *&c.* bought a Buſhel of Barley of me on the 27th of *October*, 1746, to grind into Meal, and by ſifting it ſhe got a Peck and half of the fineſt Part of it, which ſhe baked into Bread; and for the next baking, ſhe ſifted the remaining Meal, as ſhe did the firſt, through her Hair Brewing Sieve, and got out a Peck and half more, which being ſomewhat coarſer than the firſt, ſhe mixed a Pottle of Wheat Meal with it, and made it into Bread; and after this ſhe had a Peck of coarſe branny Stuff left, that helped to make good Waſh for her Hog. This ſhe did to make the Penny go the farther, although Wheat was then but four Shillings per Buſhel, and Barley Eighteen-pence. And to make her Barley Bread in the beſt Manner, ſhe mixed Milk and Water, or made uſe of all ſkim Milk in the kneading of her Barley Dough, becauſe the Milk, ſhe ſays, holds it better together than all Water, makes the Bread whiter and eat ſweeter. Barley Meal, ſhe ſays, requires the ſame Quantity of Salt, but rather more Yeaſt than Wheat-Meal does. And as to the Degree of Heat the Water or Milk ſhould be in, the ſame will ſerve for Barley Meal as for Wheat-Meal; lukewarm in Summer, and hotter in Winter. But there is this Nicety, ſhe ſays, to be obſerved in making Bread of all Barley Meal; the Dough of it muſt not be kneaded ſtiff, for if is, and put into the Oven ſtiff, the Loaf will crack, and be ſo hard, as hardly to be cut. The knowing Houſewives therefore work this Barley-Dough till it is tender and ſoft, and then make

it into Loaves, which when baked about three Hours, will come out in good Order.——The Uſe of Barley-Meal in making Bread was very much in Practice amongſt the poor People in *Hertfordſhire* and elſewhere, in the great Froſt of 1740, which began about *Chriſtmas-Day*, and held near a Quarter of a Year, which ſo cut off the Wheat in the Field, that the laſt Year's Wheat ſold for ſeven or eight Shillings a Buſhel, which neceſſitated many to make uſe of Barley-Meal, not only for Bread, but in ſeveral other Shapes, as I ſhall give an account of in the following Manner, *viz.*

Bread ſaid to be made in Fingal *in* Ireland.—It is reported that they here grind Wheat, Rye, and Peaſe, to make their Bread of, or Beans inſtead of Peaſe, ſaying, Barley-Bread ſlips through them too ſoon.

N. B. *In my next and ſecond Book, I ſhall give my Readers an Account, how to make a Loaf of Bread with Barley-Meal and another Ingredient, that has deceived Perſons who thought themſelves good Judges of Bread, and made them think it really Wheaten Bread, tho' there was no Wheaten Flower amongſt it, and yet it eats better than a Loaf made with all Wheaten coarſe Flower. It is a very valuable Receipt, that has eſcaped the Notice of all Authors.*

Of the ſeveral Uſes of Barley-Meal, and Fat, in makeing Pye-Cruſt, Pancakes, Puddings, &c.

A VERY cheap Way to ſave Butter or Fat in making Pye-Cruſt, with a Mixture of Barley and Wheat Meal.—The Flower or Meal of Barley and Wheat, made uſe of in equal Quantities, makes good Pye-Cruſt, thus,—Warm ſkim Milk, and mix a little Yeaſt with it, juſt enough to enliven it, then work this into the two Meals, for making it into a ſtanding Paſte for any Sort of Pye, and it will keep the Cruſt a little hollow and from burning, make it appear whitiſh, and eat ſhort and ſweet, ſomewhat like a common Wig, to the ſaving of Butter or Fat; but if Sugar was added to the Paſte, it would then eat like a Wig. And although Cruſt is made in this cheap Manner, ſome think it better than if made with all Wheat Meal, becauſe this would eat dryer and harder. This cheap Way has eſcaped the Knowledge of all Authors before me.

Mary Weeden, *a poor Woman, her Way to make Fat go the fartheſt in making Paſte of Barley-Meal for Pyes or Paſties.*

Paſties.—THE Flower or Meal of Barley always requires a little Fat to be mixed with it, becauſe it is too harſh and ſhort of itſelf with only Water, to make Cruſt for Apple or other Pyes or Paſties. A poor Woman that uſes to make Apple or other Pyes with Barley-Meal, for her Family, refuſes to melt her Fat over the Fire in Water, as the uſual Way is, but mixes her Hogſlard or Butter with the Meal, by putting Bits of it in ſeveral Parts of the Whole; then ſhe pours her hot Water over the ſame, which melts and diſperſes the Lard or Butter throughout the Barley Flower, by the Time it is thoroughly kneaded together; but obſerve, that this Woman's Way is not to be practiſed when the Fat is in a hard Body, as Dripping-Fat and Suet commonly is; for in this Caſe, ſuch hard Fat muſt be melted in Water over a Fire, till both are boiling hot. And though I have mentioned this poor Woman's Method of mixing ſoft Fat cold, in Bits, with the Barley-Meal, it is out of the common Practice; and ſhe only does it becauſe ſhe thinks this Way prevents the Waſte of her Fat better than if ſhe melted it in Water over a Fire. And in thus preparing her Barley-Meal Paſte, for Apple or other Pyes or Paſties, her Allowance is, a Quarter of a Pound of Lard, or other ſoft Fat, to half a Peck of Barley-Meal.

The cheapeſt Way of all others to ſave the Expence of Fat in making of Pye or Paſty Cruſt for a Poor Man's Family.—THIS is a moſt ſave-all Way, and what ſome poor People are glad to make uſe of to hitch out the Penny, when they cannot afford to buy Fat; then it is that they boil ſkim Milk, and while it is boiling hot, they mix Wheat-Flower with it, by ſtirring in a Spoonful at a Time, till it is brought into a ſtiffiſh Conſiſtence, and cool enough to work into Dough or Paſte, chiefly for making a Cruſt for Turnover, or Flap-Apple, or Meat Paſties; and if the Flower is good, and the Management accordingly, it will make a ſhort, white, and ſweet Sort, even as good as if only a very little Fat was melted in Water and mixed with Flower.

A Barley-Meal boiled Pudding, as made by the Country Houſewife of a poor Family.—SHE ſtirs the Meal with Water, a little Salt, and a little Yeaſt, and when well mixed, ſhe puts it into a Pudding-Bag and boils it; when enough, ſhe cuts it into thin Slices in a Platter, and directly puts between the Slices, Hogſlard ſprinkled with a little

little Salt, or melted Dripping without Salt, and it will eat puffy and palatable, and give a Dinner to a poor Family, without any thing elſe. But where Milk can be afforded inſtead of Water, it will make the Barley-Meal Pudding ſo much the better.

A Barley-Meal baked Pudding as made by the Country Houſewife, a Farmer's Wife.—THIS Pudding is made with ſuch cheap, wholeſome, and palatable Ingredients, that it may juſtly be called a right Country Houſewife's Pudding, as being compoſed with thoſe things that ſtand the Yeoman or Farmer in but little, becauſe they are commonly ready provided in the Houſe, and of his own Produce. Our Houſewife, in doing this, ſtirs her Barley-Meal with Water, a little Pepper, Salt, and Apples, cut ſmall; theſe being well mixed, ſhe puts it into a Pudding-pan, with a Piece of pickled Pork in the Middle of it, and when baked, it will prove an agreeable nouriſhing Dinner to her Family.

Barley-Meal palatable Pancakes; how to make them for a Yeoman's, a Farmer's, or poor Man's Family.—CUT Apples very ſmall, and ſtir them into the Barley-Meal with ſome Milk and Salt, and a little powder'd Ginger, for the Ginger hollows the Pancakes, gives them a good Reliſh, and warms the Stomach. Then fry this Mixture into Pancakes with Pot-Fat, Lard, or Dripping-Fat, and without any Sauce they will eat hollow and palatable.—— By all theſe Ways of uſing Barley-Meal, a poor Man is not obliged to lay out his Money in wheaten Flower, or wheaten Bread, and yet by theſe good Managements his Family may enjoy a hot Bellyful of wholeſome Food, prevent his having a Score to pay off on a *Saturday* Night, and give him a Shilling in his Pocket, which for Want of ſuch frugal Houſewifery he would be obliged to lay out; for according to the old Proverb, *A Penny ſaved is a Penny got.*

The ſeveral Ways of preparing Barley-Meal for ſubſiſting a poor Man's Family in the hard Froſt of 1740.—IN this Froſt a Peck of fine Barley-Meal was ſold at our Country Shops for one Shilling, becauſe Wheat-Meal was as dear again. This neceſſitated ſome poor Men's Wives to make it go as far as poſſible, and to this End one of them made no Bread of it, but only mixed Water with ſome of the Barley-Meal, and kneaded it into a Paſte or Dough for making Cakes with the ſame; this being done, ſhe

broiled

broiled theſe Cakes on a Gridiron, and they ſerved her Family inſtead of Bread.—At other Times ſhe made her Barley-Meal into Haſty-Pudding, and now and then made it into a boiled Pudding, ſaying, that her Family had rather eat Barley-Meal under theſe Preparations, than the coarſe wheaten Bread of the Shops. And this Woman told me, that her Huſband grew fat chiefly by this Barley-Meal Food (for her Huſband is one of my Day-Labourers) and further, that moſt of the poor Men's Families in her Neighbourhood made uſe of Barley-Meal for the greateſt Part of their Subſiſtence.

Barley-Meal Bread with Turneps, Rye, &c.——In the great Froſt of 1740, ſome of our Poor boiled Turnips to a maſh, and put them and their Liquor into a Buſhel of Barley-Meal, and then made it into Dough, and made one Loaf more than if there had been no Turnips uſed; but the Bread eat ſweetiſh and diſagreeable.—Barley-Meal and Rye-Flower make good Bread, becauſe the Rye is moiſt, and the Barley dry and ſhort.——Half a Peck of Rye-Flower and a Peck of Wheat-Meal makes good Bread; or half one and half the other.—In the great Froſt of 1709, Barley-Meal was ſold for 8*s. per* Buſhel.

Pancakes and Fritters made with Wheat-Flower, their ſeveral Way of Preparation, and their Uſes in Farmers, Yeomens, or Gentlemens Families, in Harveſt, and at other Times of the Year.

How commodiouſly Pancakes anſwer the Farmers, the Yeomens, and Gentlemens Intereſt.

PAncakes are one of the cheapeſt and moſt ſerviceable Diſhes of a Farmer's Family in particular; becauſe all the Ingredients of the common ones are of his own Produce, are ready at Hand upon all Occaſions, ſaves Firing, are ſoon cook'd, are conveniently portable, and ſupply both Meat and Bread; inſomuch that in Harveſt, and at other Times, they become a pleaſant Part of a Family Subſiſtence, to the ſaving of much Expence and Trouble

in

in a Year, by cauſing the leſs Conſumption of Fleſh-Meat, &c. This Piece of frugal Œconomy likewiſe affects the Yeoman's and Gentleman's Family; for altho' the Maſter and Miſtreſs of theſe can afford to eat better than the plain Sort of Pancakes, yet their Servants may be often ſupplied with them as a changeable, light, and pleaſant Diet, for either Breakfaſt, Dinner, or Supper. And that a proper Sort may be made for both Maſters and Servants Uſes, I ſhall be the more particular in giving various Receipts for the ſame as followeth, *viz.*

The Hertfordſhire *plain cheap Pancakes for Farmers Families*, &c.—ARE made with wheaten Flower, Milk, Eggs, and powder'd Ginger. To a Pottle of Wheat-Flower, they put two Quarts of new Milk, four Eggs, and ſome powdered Ginger; theſe they ſtir together into a Batter Conſiſtence, and fry them in Hogſlard; when one Side of the Pancake is fried enough, our Houſewife, or her Maid-Servant, turns it in a clever Manner, by giving it only a Toſs with the Frying-pan, and when this is dexterouſly done, it is the beſt Way of turning them. Thus ſhe goes on frying Pancake after Pancake, and as ſhe lays them one upon another, in a Platter or Diſh, ſhe ſprinkles ſome coarſe Sugar for their Sauce; but takes what care ſhe can that the Family eats them hot, for the hotter they eat them, the leſs Danger there is of riſing in their Stomachs, if the Lard ſhould be rankiſh. But whether they eat them cold or hot, if the Ingredients are freſh and good, they are agreeable Victuals; and though I mention ſprinkling of Sugar over the Pancakes after they are fry'd, as Sauce to them, yet ſome think it the better Way to mix Sugar in the Batter, for mixing it the more regular to the Taſte.

How a Woman made three Pancakes that dined herſelf and three Men.—THIS houſewifely Woman, that lives in our Neighbourhood, made her Batter for her Pancakes thus: In the firſt Place, ſhe pared, cored, and chop'd her Apples very ſmall, then prepared her Batter with Wheat-Meal, four Eggs, Milk, and powder'd Ginger; theſe being all mixed, ſhe put ſome of the Batter into a large Frying-pan, with a good Quantity of Hogſlard, and though ſhe laid her Batter in thinniſh, the Pancake came out thick, becauſe all the ſeveral Ingredients contributed to it. And when ſhe had fry'd three of theſe Pancakes,

herſelf

herſelf and three Men eat them without any Sauce, ſaying, They had a Dinner to their Satisfaction.

How Small-Beer or Ale Pancakes are made.—THESE are ſometimes made, not only by the poorer Sort of People, but alſo by Farmers and Yeomens Wives, when Milk cannot eaſily be had; for although moſt Farmers and Yeomen keep Cows, they are not always in Milk, as being in Calf, or that they go, what we in *Hertfordſhire* call, gueſs or dry: In this Caſe Milk may be ſupplied by the Uſe of Small-Beer, or better with Ale; but whenever either of theſe are wanted, it ſhould be of the mildeſt neweſt Sort, and free from the bitter Taſte of Hops. Then mix this Liquor with Wheat-Flower, a few beaten Eggs, Sugar, and Ginger, and fry it into Pancakes with Lard or other Fat. I muſt own, that a Pancake made with Malt Liquor is not ſo palatable as one made with Milk; but where the Bellyful is moſtly conſulted, it will do well enough. And here I take the Opportunity to obſerve, that all Authors whatſoever, in their Writings on Country Houſewifery, have in no little Degree been wanting to anſwer one main End of their Title-Page. For as I take it, the chief Part of good Houſewifery lies in bringing much into a little Compaſs; or for explaining this better, to make a little Coſt anſwer the End of a great Expence; which to do, I ſhall make it my Endeavour in the greateſt Part of this Work to ſhew in the cheapeſt, plaineſt, and moſt practical Manner. And that the more curious and abler Perſons may have their Choice, I ſhall add how the richer and more palatable Sorts of Things may be made to their Satisfaction.

How Water Pancakes are made by poor People.—THIS Pancake is made by many poor, day-labouring Mens Wives, who when they cannot afford to make better, make this; by ſtirring Wheat Flower with Water inſtead of Milk, for if they can get Milk, they generally think it put to a better Uſe when they make Milk Porridge of it for their Family. The Flower and Water being ſtirred into a Batter Conſiſtence, with a Sprinkling of Salt and powder'd Ginger, they fry the Pancakes in Lard, or other Fat, and without any Sugar they and their Family make a good Meal of them.

How Pancakes are made for rich People.—RICH Pancakes are made by ſome to eat as the finiſhing Part of a Dinner; to make ſuch, they melt three Quarters of a Pound of But-

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ter with a Pint or more of Cream; when this is done, ſtir into it as much Flower as will make a common Batter for Thickneſs; fry with Butter or Lard, and turn each Pancake on the Back of a Pewter Plate; ſtrew fine Sugar over them, and they'll be rich Pancakes indeed: But for a farther Choice of rich Pancakes, I ſhall add the Receipts of ſeveral Authors.———One Author by an old Receipt directs, that to make good Pancakes, three Eggs ſhould be beat till they are very thin; this done, beat them up again with an Addition of Water, powder'd Cloves, Mace, Cinnamon, Nutmeg, and a little Salt; next thicken them with fine Flower, and fry them with Lard or ſweet Butter into a thin Subſtance till they are brown, then ſtrew ſome white Sugar over them, and they are ready for eating. Upon which this ancient Author remarks and ſays, There be ſome, who in Pancakes mix new Milk or Cream; this, ſays he, makes them tough, cloying, and not criſp, nor ſo pleaſant and ſavoury as clear Water makes them.—Another Author ſays, Make uſe of eight Eggs to a Pottle of Flower, powder'd Ginger, Cinnamon, Nutmeg, Mace, and ſome Salt: Make, ſays he, theſe into thin Batter with Milk, and beat the whole well together with half a Pint of Sack; then put the Pan on the Fire with a little Butter or other Fat, and when hot, rub it with a Cloth; the Pan being thus cleaned, put in a ſufficient Quantity of Fat to melt, and your Batter on that, very thinly ſpread, which in frying muſt be ſupplied with little Bits of Butter, Lard, or Suet; toſs the Pancake to turn it, and fry it criſp and brown.———Says another Author, for making Pancakes in the thinneſt Manner, mix eight Eggs with a Quart of Cream, ſix Spoonfuls of Flower, ſix of Sack, one of Roſe-water, a Pound of Butter, and two grated Nutmegs; the Butter muſt be melted with the Cream, and the whole mixed together into a Batter. Obſerve alſo to butter the Fryingpan for the firſt Pancake, but not afterwards, and ſpread the Batter as thin as poſſible each Time you fry. This Pancake, ſays he, being ſo very thin, needs no turning, for if one Side of it is brown, it is enough, and this Quantity of Batter will make above thirty Pancakes; and as they are fry'd, ſtrew fine Sugar over each Pancake and lay one upon another for eating; or (ſays he further) if you think fit, you may beat up the Eggs with a Pint or a Quart of Water inſtead of Cream, which when mixed with the other Ingredients, will make good thin Pancakes; but

you

you muſt take care you do not burn them in frying. Alſo, that if you make this Sort of Batter early in a a Morning, to ſtand till Dinner time, it will make the better Pancakes.

Apple Pancakes for Gentry.—For this, after you have pared your Apples, cut them in round Slices, firſt taking out the core Part; theſe fry in freſh Butter; next beat up twelve or ſixteen Eggs in Milk, or better in a Quart of Cream, which mix with Ginger and Nutmeg powder'd each two Drams, powder'd Sugar ſix Ounces; then pour this Batter on the fry'd Apples, and fry altogether: Sprinkle with Sugar, and they'll be good eating. Others mince the Apples, and then mix them with Batter.

A quick and plain Way to make Apple Fritters.—In *Hertfordſhire*, to make theſe, we cut large Apples in thin Slices, and only dip them in Batter, and fry them in Lard or Dripping.

A quick and plain Way to make pickled Pork Pancakes.—To do this, we make no more to do in *Hertfordſhire*, than to cut thin Slices of pickled Pork, and dipping them all over in Batter, we put them among Batter in the Frying-pan, and fry them in large Pancakes.

The Dugdale Flower Pancake.—This is a wheaten Pancake, becauſe it is made with Wheat-Flower, tho' with one of the coarſeſt of *Engliſh* Wheat. Yet it is well known to many Yeomen and Farmers, who ſow this Dugdale or Rivet-Wheat, that if the Flower of it is ſifted fine, it makes the beſt of Pancakes, becauſe its Flower or Meal is of a ſweet ſhort Nature.

To make fine Pancakes fry'd without Butter or Lard, according to an old but good Receipt.—Take a Pint of Cream and ſix Eggs, beat them very well together, put in a Quarter of a Pound of Sugar, and one Nutmeg, and as much Flower as will thicken it like ordinary Pancake Batter. Your Pan muſt be heated reaſonably hot, and wiped with a clear Cloth. This done, put in your Batter as thick or thin as you pleaſe.

To make Rice Pancakes.—The ſame Author ſays, boil a Pound of Rice in three Quarts of Water till it is very tender, then let it ſtand covered in a Pot a while, and it will become a Sort of Jelly; next ſcald a Quart of Milk and put it ſcalding hot to the Rice Jelly, when this is done, mix 20 Eggs, well beaten, with three Quarters of a Pound of Butter firſt melted over a Fire, and ſtir all theſe together with Salt,

Salt, and as much Flower as will hold them frying in Butter. This Mixture is beſt done over Night.

The Hertfordſhire *Bacon Pancake, or what ſome call Bacon-Fraiſe, for Plowmen and others.*—CUT the beſt Part of Bacon into thin Pieces, about two Inches ſquare, then with Milk, Flower, and Eggs make a Batter; when the Eggs are well beaten, mix all of them together, and then put into your Fryingpan Hogſlard or good Dripping, which when thoroughly hot, lay in your Bacon Batter according to Diſcretion, and as the Pancake fries, caſt ſome of the Fat on it;—when it is enough on one Side, turn it. This Pancake needs no Spice nor Sugar, and ſerves well to fill our Plowmens and others Bellies inſtead of intire Fleſh.

The Hertfordſhire *Apple Fritter.*—BEAT the Yolks of four Eggs and the Whites of two well together, which mix with a Pint of Milk, ſeven Spoonfuls of Flower, a Quartern of Brandy, ſome grated Nutmeg, Ginger, and Salt; next ſlice ſome Apples very thin, dip each of them in your Batter, and fry them in Lard over a quick Fire. Or you may mince the Apples.

The Hertfordſhire *plain Fritter.*—To make theſe, our Houſewife makes uſe of ſix Eggs well beaten, and mix'd with two Quarts of Milk, a Quart of Flower, and good Store of powder'd Ginger, becauſe Ginger makes the Fritters hollow and hot. She alſo mixes ſome coarſe Sugar with her Batter, by which there needs little or no Sugar afterwards to eat them with. Batter fries hollower in Fritters than in Pancakes; but then it employs more Time and Fat in dreſſing them.

To make a better Sort of Fritter.—MIX Cream and Flower with ſix Yolks of Eggs and two Whites, ſix Spoonfuls of Sack, Cinnamon, Nutmeg and Ginger powder'd, and a little Salt. Beat theſe an Hour together into a Batter, and put your Quantity of it into Lard at Diſcretion for frying it in Fritters.—Some to make richer Fritters ſtill, grate *Naples* Biſkets in Cream, and mixing this with ſome white Wine, Eggs, Sugar, and Spices, form a Batter for frying it in Lard.——Others beat eight Yolks with four Whites of Eggs and a Pint of Cream, then ſtir in ſome powdered Spices, two Spoonfuls of Ale-Yeaſt, and a little Salt with ſome Wheat-Flower; and ſet it all, ſo mixed, within the Reach of the Fire, to riſe and ſwell; when it does, add four or five Spoonfuls of Sack, and beat all once or twice again. Thus the Batter is made; into

which

which put thin Slices of Apples, and lade what Quantity of it you think fit into boiling Lard, for frying it into Fritters.—Others firſt make a *Haſty-pudding*, and when cooliſh, beat it in a Mortar with Eggs, Salt, and Sugar, till it becomes a Batter, and ſo dropt into Lard and fry'd.

Potatoe Fritters.—Mix *Potatoe* Pulp with Milk, ſhred Suet, Currants, Salt, and Jamaica Spice, and fry it in Fritters.—Or you may mix minced Apples with the Pulp of Potatoes or Parſnips, and Milk, Jamaica Pepper, and a little Sack for Fritters, and eat them with the Sauce of Lemon Juice and Butter.

Of making Puddings with Wheat-Flower, in Harveſt, and at other Times in the Year.

THE Hertfordſhire *Way of making Plumb-pudding in Harveſt Time.*—Pudding is ſo neceſſary a Part of an *Engliſhman*'s Food, that it and Beef are accounted the Victuals they moſt love. Pudding is ſo natural to our Harveſt-men, that without it they think they cannot make an agreeable Dinner. Therefore in *Hertfordſhire* our Rule is, to make Plumb-pudding during Wheat Harveſt, which generally laſts a Fortnight; and Plain-pudding during the reſt of the Time. Now to make a Plumb-pudding of the better Sort for ſix Harveſt-mens Dinners, our Houſewife makes uſe of a Pottle of Flower, a Quart of ſkim or new Milk, three Eggs, half or three Quarters of a Pound of Raiſins, and half a Pound of chopt Suet. This being ſtirred and well mixed together, with a little Salt, is to be tied up in a Linen Cloth or Bag; but not too tight, that it may have Room to ſwell. Boil it three or (better) four Hours; and if they cannot dine on this with good boiled Beef, or with Pork, or with Bacon and Roots, or Herbs, they deſerve to want a Dinner.

A ſecond Receit to make a cheaper Plumb-pudding is this.——With a Pottle of Flower mix ſome Plumbs, Suet, ſkim Milk, coarſe Sugar, and a little Salt, and boil all in a Pudding. The Sugar will ſupply the Eggs, for Eggs in Harveſt Time are not ſo plenty as in the former Part of Summer, becauſe the Hens now generally begin their moulting. But to make richer Puddings at other Times, do as follows.

A Pudding to bake or boil.—Mix a Quart of new Milk with half a Pound of Currants, and half a Pound of Raiſins, a Pound of chop'd Suet, five Eggs, ſome Nutmeg and Salt: Theſe ſtir with Flower till it is of a thick pudding Conſiſtence, and either bake or boil it.

A ſecond Pudding to bake or boil.—Is to ſhred a Pound of Raiſins and a Pound of Suet together; to this put a few Spoonfuls of Flower, and five or ſix Eggs beaten up with ſome Sugar, Salt, Cloves, and Mace in Powder: Bake this, or boil it four or five Hours.

A Pudding in haſte.—This I was informed of by a Woman in our Neighbourhood, who having formerly been in Service at *London*, was ordered by her Miſtreſs to make a Pudding in haſte. Upon this ſhe aſked where ſhe ſhould get Milk, as thinking to make a Haſty-pudding; but ſhe was anſwered, there was no Occaſion for Milk, and bid to fetch half a Pound of Rice and a Quarter of a Pound of Currants, which when picked and waſhed was bound up in a Cloth mixed, and juſt boiled; for it is enough if boiled a few wallops.

Haſty-pudding, by Mr. Houghton.—He ſays, to make a ſubſtantial Haſty-pudding, take a Quart of Milk, the grated Crums of a Penny Loaf, and boil them together; then ſift over it half a Pound of Flower, firſt dried before the Fire, with a little Salt; ſtir alſo into it ſome Butter, and a Quarter of a Pound of Currants.

The common Farmers Haſty-pudding.—For this, they make uſe of new or ſkim Milk, or Milk and Water. A Pint of Flower will require two Quarts of Milk. Boil the Milk firſt, then take a Pint of cold Milk, and mix a little hot Milk with it till it is blood warm; then mix the reſt of the boiled Milk and the flower'd Milk together off the Fire, and when ſo mixed, ſtir the whole over the Fire, while it boils a Quarter of an Hour; then take it off, and add Butter, or Sugar, or both.

A poor Woman's Pudding for her Family.——Two Women, that lived in a Houſe near me, made each of them a Pudding. One put two Eggs among other Things into hers; the other made her Pudding without any Eggs, uſing only hot Water wherein ſome Bacon and Turnips had been boiled, with a little Salt and Flower; and yet the latter proved to be the beſt Pudding, as it was full of little Holes, light, and better than the former; ſo great a Difference there is in good Houſewifery and Management!

A rich baked Pudding.—TAKE a Penny Loaf and ſlice it into a Quart of Cream with a little Roſe-water, then break it ſmall; next, take three Ounces of Almonds blanched, and beaten ſmall with a little Sugar, put in ſeven Eggs beaten, ſome Marrow, and two Pippins ſliced thin; mingle theſe all together, and bake the Pudding.

A boiled Plain-pudding.—TAKE a Pint of new Milk, or better ſo much Cream, and mix five beaten Eggs with it, three Spoonfuls of Wheat Flower, Sugar, Salt, and Nutmeg, a little of each; tie this Mixture up in a Cloth firſt butter'd, and put it into a Pot of Water as it boils, and in about half an Hour's Time it will be enough. The Sauce, melted Butter alone, or mixt with Sugar.

Rabiſha's *baked Haſty-pudding.*—SET on three Pints of Cream, the Crumb of two Penny French Loaves ſliced and minced, put to this a grated Nutmeg, a few Cloves, Mace, Cinnamon, and Ginger beaten; add thereto half a Handful of Flower, mingle it together, and ſtir it into your Milk; when it boils, throw in a Piece of Butter; then having four or five Eggs beaten, with the Whites of half caſt away, put them alſo into your Pudding, with a Handful of Sugar, and a little Roſe-water; ſtir them together again, till they begin to boil and thicken, then pour it into the Diſh it is to be eaten out of, ſet it on a Heap of Coals, make a Fire-ſhovel red hot, and hold it cloſe over your Pudding till it is brown on the Top, then ſcrape Loaf-ſugar over it, and ſend it up.

Rabiſha's *baked Rice-pudding.*—TAKE three Pints of Milk, and a Handful of Rice beaten to Powder; boil it, and keep it ſtirring till it is thick, which will be in a Quarter of an Hour, with a Piece of Butter and Cinnamon, and Mace in it, then put it into an Earthen-pan and let it be cold; next add to it two Handfuls of Currants, ſome Sugar, a little Salt, and ſix Eggs, leaving out three of their Whites; beat the whole together, and after you have butter'd the Bottom of your Diſh, lay your Pudding into it, and garniſh the Brims of it with a Paſte; when baked, ſcrape on ſome Sugar, and 'tis done.——Or, boil Rice till it is full tender, and mix Eggs, a little Salt and Nutmeg with it; this lay on a thin Paſte in a Diſh with Bits of Butter, and bake.

A plainer Way to make a baked Rice-pudding.—BOIL half a Pound of powder'd Rice in three Pints of Milk well, then take it off, and when almoſt cold beat up ſix Eggs, and add

theſe with half a Pound of chopt Suet or Butter and a grated Nutmeg, and bake it half an Hour.—Or if you think fit you may put ſome fine Puff-paſte at the Bottom of the Diſh.

A Buckinghamſhire *Farmer's Way to victual his Family with Pudding*, &c.—THIS Farmer rented a Farm of eight Score Pounds a Year, conſiſting of Arable and Meadow Ground, kept eight Horſes, twelve Cows, two Taſkers, two Plowmen, a Shepherd, and Horſe-keeper, beſides ſeveral Day-Labourers; and as his Family were but eight in Number (for the Farmer was a Widower) his Maid Servant made every Day one or two boiled Puddings, which, with a Piece of Bacon, was the chiefeſt of their Food all the Year; for I do not remember I ever ſaw them dine on any thing elſe, except now and then a Calf's Pluck that the Farmer bought at *Leighton* Market in *Bedfordſhire*. Now you muſt know, that as Eggs and Butter helped to pay his Rent, he would ſeldom allow an Egg to be put into the Pudding, but obliged the Maid to make it of a Quart of ſkim Milk and about a Pottle of Wheat Flower, a little Salt, and Powder of Ginger; which ſhe ſtirred into the Conſiſtence of a Haſty-pudding, and commonly boiled it in two Bags, which ſhe firſt flower'd to prevent their ſticking; when they were boiled enough, they cut the Pudding in Slices, and poured melted Butter on it, or ſugar'd Milk.

This Author's Servant-Maid's Way to make a Boiled-pudding.—IT is alſo my Way to have a plain Pudding made moſt Days in the Year; and for doing it, my Servant-Maid mixes a Pint of new Milk with a Quart of Flower, one Egg, a little Salt, and Powder of Ginger. This, when ſhe has flower'd her Pudding-bag, ſhe puts into it, and boils it an Hour and a half, or two Hours, againſt my Plowman and Boy come from Plow; and when it is taken up, ſhe for Sauce mixes ſome Sugar and Milk together. And I aſſure my Reader, that with ſuch a Pudding and a Piece of pickled Pork boiled, my Family makes a Dinner to their Satisfaction; for where they eat one Pound of Bacon, they eat more than fifty of pickled Pork, for Reaſons I ſhall hereafter aſſign.—Or to make a boiled Pudding better than this, you may mix grated Bread and minced Suet together in equal Quantities; upon which pour ſcalded Milk, and let all lie under a Cover about twenty Minutes, then add a Spoonful of Sugar, Ginger, Nutmeg, and a little Flower, and boil it in a Pudding-bag an Hour and a half, or two Hours.

Bread-

Bread-pudding.—TAKE the Crumb of the whiteſt Bread, and cut it in thin Slices, to the Quantity of about half a Pound, or grate it; then boil a Pint of Milk, and put it boiling hot on the Bread, grate half a Nutmeg into it, and when cold add three beaten Eggs and a little Sugar; ſtir all well together, with a Handful of fine Flower to hold it together, and boil it half or three Quarters of an Hour; for Sauce melt Butter, or mix Butter and Sugar together.

Apple-pudding, the Hertfordſhire *Way.*—THIS Sort of Pudding I have frequently made in my Family, becauſe in ſome Years I have great Quantities of Apples, which more than ordinary pleaſes my People. To make it, my Servant-Maid boils a Pint of Milk with a Quarter of a Pound of Lard or Dripping, then mixes it with as much Flower as will make it into a Dough or Paſte, rolls it, and when the Paſte is cool and ſtiff enough, ſhe puts on it ſliced or minced Apples, which ſhe incloſes in the Paſte; then puts it into a Cloth, ties it up, and boils it two Hours and a half at leaſt; our Sauce is melted Butter with Sugar, or Sugar and Milk.—But to make a richer Apple-pudding, you may ſcald your Apples and pulp them through a Cullender; then mix them with Cream, Biſket, and Eggs, a little Nutmeg and Sugar, which bake in a Diſh, with a Sheet of Puff-paſte.

Potatoe-pudding.—THIS is a moſt ſerviceable and moſt wholeſome Root, becauſe it is of a nouriſhing ſatiating Nature, and admits of being eaten in ſeveral Shapes; as with Bacon, pickled Pork, ſalt Beef, Mutton, ſalt Fiſh; in Pyes, in Puddings, with Butter, or with Milk, *&c. &c.* And as they are eaſily propagated, no Farmer, Labourer, Yeoman, nor Gentleman, ſhould be without them, as they value their Pockets; for Potatoes with good Management may be kept all the Year, ſo that where there is Ground enough to plant them on, there need be no Want of this profitable Vegetable to ſave Expence, and this by many Ways of uſing them. Here indeed I ſhall only ſhew their Service in a Pudding; but more by and bye. Boil, peel, and maſh the Potatoes; this done, mix two Pounds of the Pulp with half a Pound of Butter, four Eggs, Pepper, Salt, and Ginger, and when they are all beaten together into the Conſiſtence of a Pudding, it may be either boiled or baked; when enough, eat it with melted Butter. — Or, you may mix with Potatoe-pulp, ſcraped Carrot, Sugar, Butter, Nutmeg, Salt and Eggs,

which put in a Diſh with Paſte round it, and bake it half an Hour in a quick Oven.—Or, if you have a mind to make a Potatoe-pudding richer, mix minced Apples with Potatoe-pulp, Cream, fine Sugar, powder'd Cinnamon and Cloves, and being beaten all together into a pudding Conſiſtence, put it in Paſte and bake it in a Diſh. —Or, buttered Eggs may be mixed with Potatoe-pulp and other Ingredients for a baked Pudding.—Or, thin little Slices of pickled Pork or Bacon may be baked with Potatoe-pulp for a Pudding, with ſome other Ingredients as aboveſaid.—Or, a Potatoe-pudding may be made with their Pulp, whole Oatmeal, Currants, Salt and Pepper, and Butter, baked in a Diſh or Earthen-pan; for Sauce, melted Butter or Cream, with Slices of Lemon, *&c.*

To make a Black-cherry-pudding. —BEAT an Egg, and put it into a Pint of Milk; then mix about a Quart of Flower, and a Pound of black Kerroon Cherries, with the Milk and Egg; ſtir them together till it is of a pappy Conſiſtence, for being put into a Pudding-bag, firſt wetted or flower'd, and boil it about an Hour or an Hour and a half; for Sauce melt Butter and Sugar, or Milk and Sugar: If you have not Kerroon Cherries, any other Sort, if ripe and ſweet, may do.—This Pudding we commonly have made at Times during the Cherry Seaſon, and proves a pleaſant Eating to my Family.—— Which puts me in mind of what one of our Country Wenches ſaid to her *London* Miſtreſs: Madam, ſays ſhe, pray let us have a Black-cherry-pudding for Dinner. A Black-cherry-pudding! I never heard of ſuch a Thing in my Life! that muſt be Phyſick. No, Madam, ſays the Girl, we have it often in the Country, and it is a very good Pudding indeed.

A Flower-pudding for a Farmer's Family to boil.—A Pottle of Flower will make two good Bag-puddings, or they may be tied up in a Cloth; and to make them they commonly take ſkim Milk, which is near as good as new Milk for ſtirring of Puddings; to this Pottle of Flower three Eggs are ſufficient to beat and mix with the reſt; when they are boiled enough, inſtead of melted Butter, ſome Farmers Wives melt Hogs-lard and lade it over the Pudding for Sauce, with a little Salt ſtrewed over it; or, inſtead of Lard, they melt ſome ſweet Pot-fat-dripping. This Sort of Fat is preferred by ſome to Butter, as being cheaper, heartier, and more ready at hand, when Butter cannot be had.

A Flower-pudding to bake.—Boil a Pint or a Quart of Milk, and thicken it with Flower; if you make uſe of a Quart of Milk, there ſhould be half a Pound of Butter, four Ounces of Sugar, eight Eggs, a little Salt, and a grated Nutmeg mixed; this put into a butter'd Diſh, may be baked in an Hour's Time.

Of Apple-Pyes, and Apple-Paſties, for Harveſt and other Times.

APPLE Pyes and Paſties are a main Part of a prudent, frugal Farmer's Family-Food, becauſe the Meal and Apples that make them are commonly the Produce of his Land, and are ready at all Times to be made uſe of in Pyes or Paſties, for giving his Family an agreeable palatable Repaſt; a covered or turn-over Paſty for the Field, and the round Pye for the Houſe; the firſt being of a Make and Size that better ſuits the Hand and Pocket than the round Pye, and therefore are more commonly made in Farmers Families; for one, or a Piece of one, being carried in the Plowman's and Plow-boy's Pocket, ſuſtains their hunger till they come home to Dinner, and oftentimes pleaſes them beyond ſome Sort of more coſtly Eatables; nor is it leſs wholeſome than pleaſant, for that the Ingredients of the Apple-pye are rather Antidotes againſt, than Promoters of the Scurvy. In ſhort, it is the Apple Pye and Paſty, and Apples made uſe of in ſome other Shapes (particularly the famous Parſnip Apple) that I take to be ſome of the cheapeſt and moſt agreeable Food a Farmer's Family can make uſe of; but for diſplaying their Value in a more elegant Manner, I hope the following Poem will not be unacceptable to my Reader.

Of Apple-Pyes: *A Poem, by Mr.* Welsted.

OF all the Delicates which *Britons* try,
To pleaſe the Palate, or delight the Eye;
Of all the ſeveral Kinds of ſumptuous Fare,
There's none that can with Apple-pye compare,

For coſtly Flavour, or ſubſtantial Paſte,
For outward Beauty, or for inward Taſte.
When firſt this infant Diſh in Faſhion came,
Th' Ingredients were but coarſe, and rude the Frame;
As yet, unpoliſh'd in the modern Arts,
Our Fathers eat brown Bread inſtead of Tarts:
Pyes were but indigeſted Lumps of Dough,
'Till Time and juſt Expence improv'd them ſo.
King *Coll* (as ancient Annals tell)
Renown'd for fiddling and for eating well,
Pippins in homely Cakes with Honey ſtew'd,
Juſt as he bak'd (the Proverb ſays) he brew'd.
Their greater Art ſucceeding Princes ſhew'd,
And model'd Paſte into a nearer Mode;
Invention now grew lively, Palate nice,
And Sugar pointed out the Way to Spice.
But here for Ages unimprov'd we ſtood,
And Apple-pyes were ſtill but homely Food;
When God-like *Edgar*, of the *Saxon* Line,
Polite of Taſte, and ſtudious to refine,
In the Deſſert perfuming Quinces caſt,
And perfected with Cream the rich Repaſt:
Hence we proceed the outward Parts to trim,
With Crinkumcranks adorn the poliſh'd Rim,
And each freſh Pye the pleas'd Spectator greets
With Virgin Fancies and with new Conceits.
Dear *Nelly*, learn with Care the paſtry Art,
And mind the eaſy Precepts I impart;
Draw out your Dough elaborately thin,
And ceaſe not to fatigue your Rolling-pin:
Of Eggs and Butter, ſee you mix enough;
For then the Paſte will ſwell into a Puff,
Which will in crumbling Sound your Praiſe report,
And eat, as Houſewives ſpeak, exceeding ſhort:
Rang'd in thick Order let your Quincies lie;
They give a charming Reliſh to the Pye:
If you are wiſe, you'll not brown Sugar ſlight,
The browner (if I form my Judgment right)
A Tincture of a bright Vermil' will ſhed,
And ſtain the Pippin, like the Quince, with red.
When this is done, there will be wanting ſtill
The juſt Reſerve of Cloves, and candy'd Peel;
Nor can I blame you, if a Drop you take
Of Orange Water, for perfuming Sake;

But here the Nicety of Art is ſuch,
There muſt not be too little, nor too much;
If with Diſcretion you theſe Coſts employ,
They quicken Appetite, if not they cloy.
NEXT in your Mind this Maxim firmly root,
Never o'er-charge your Pye with coſtly Fruit:
Oft let your Bodkin thro' the Lid be ſent,
To give the kind impriſon'd Treaſure Vent;
Leſt the fermenting Liquors, mounting high
Within their brittle Bounds, diſdain to lie;
Inſenſibly by conſtant fretting waſte,
And over-run the Tenement of Paſte.
To chuſe your Baker, think and think again,
You'll ſcarce one honeſt Baker find in ten:
Aduſt and bruis'd, I've often ſeen a Pye
In rich Diſguiſe and coſtly Ruin lie;
While the rent Cruſt beheld its Form o'erthrown,
Th' exhauſted Apples griev'd their Moiſture flown,
And Syrup from their Sides run trickling down.
O BE not, be not tempted, lovely *Nell*,
While the hot piping Odours ſtrongly ſwell,
While the delicious Fume creates a Guſt,
To lick th' o'erflowing Juice, or bite the Cruſt:
You'll rather ſtay (if my Advice may rule)
Until the hot is temper'd by the cool;
Oh! firſt infuſe the luſcious Store of Cream,
And change the Purple to a Silver Stream;
That ſmooth balſamick Viand firſt produce,
To give a Softneſs to the tarter Juice.

A Character of the famous Parſnip Apple, and its Uſes.
——FROM whence this Apple is ſo called, I cannot tell; but this I know, that it is the very beſt of Apples for Pyes, Paſties, and Puddings in Harveſt Time, and for eating (baked or raw) ſingle as they are; they are always the firſt Apples that are ripe with us, for they commonly begin to drop from the Tree about the Middle of *Auguſt*, ſome of them weighing four Ounces apiece; and I think I can affirm it for Truth, that I have had above twenty Buſhels in one Seaſon off one Tree only; Part of which I made uſe of for preſent ſpending, Part for Cyder, and the reſt I hoarded, for theſe will keep till near *Chriſtmas*. Theſe Apples are alſo of the greater Value, for their agreeable Quality of eating well in an Apple Pye or Paſty without

without Sugar; for when they are ripe, pared, and cored, my Servant-Maid bakes conſiderable Numbers of two-corner'd Paſties without any Sugar, becauſe they need no other ſweetening than what a little Water with their own Juice affords; and yet in this Manner of making them, our Men commonly prefer eating ſuch Paſties alone, before Bread and Cheeſe: Hence it is that we ſay the Parſnip Apple ſaves Cheeſe. And for Supper (in Harveſt Time eſpecially) theſe Apples make almoſt a conſtant Part of it, by being coddled or baked, till they are ſo tender, as to be eaſily mixed in Meſſes of Bread and Milk. In ſhort, the Parſnip Apple is endowed with ſuch excellent Qualities, that they may truly be accounted a pleaſant Repaſt, from the Lord's to the Peaſant's Table, in the Shape of Pyes, Paſties, Apple-puddings, Apple-dumplings, or baked, or coddled ſingly. This Apple-tree is not to be had in any of the Nurſeries near *London*, as I have been informed, when I was amongſt them, by ſome of their own nurſery Men; for it is only in Growth at *Gaddeſden*, and at ſome Miles round it. But as I keep only three Sorts of Nurſeries always by me, one for the black large Kerroon Cherry-trees, one for the Parſnip Apple-trees, and one for the Bell-orange Pear-trees, I am ready to furniſh any Gentleman with any of theſe Sorts for one Shilling each Tree at my Houſe: And I further add, that as theſe Apples, either eaten raw, or better under ſome Preparations, ſerve in ſome Degree for Meat and Drink, no Gentleman, Farmer, Yeoman, or Labourer, ought to be without one or more of theſe Trees, where they have Ground convenient for planting them.——— Next I ſhall likewiſe give an Account of the excellent Quality of the Bell-orange Pear, as follows, *viz.*

The Character of the famous Bell-orange Pear.—THE Tree of this Pear I am Owner of, and is ſo large a one, that it has borne above twenty Buſhels at once of pretty ſizeable Pears, which are always ripe in Harveſt; it is of an Orange Colour, grows in the Shape of a Bell, therefore is called the *Bell-orange Pear:* And as it is thus early ripe, it gives our Harveſt-men a Pleaſure to eat them raw, for they have a delicate Taſte, but are moſt of all agreeable in Pyes or Paſties, becauſe theſe Pears in theſe Shapes taſte ſomewhat like Sweetmeats; and to ſay no more than they deſerve, a Pye may be made of them fit for the Table of a Potentate. I have made Perry of theſe Pears

directly

directly from the Tree, and found it good Liquor, if drank in a little Time, for it will not keep a great while; and it has such a delicate Smell, that if a Person hold his Nose over the Bunghole, the Scent is just like that of an Orange. My Maid bakes them loose in an earthen glazed Pot, for being eaten with Milk or with Milk and Bread. I have been in several of the Nurseries about *London*, and inquired for the like Fruit, but they own they have it not; nor do I know of any other Tree of this Sort in all our Country, nor in all my several Years Travels: And the Way I came by this was, by purchasing the Farm I now live in, and hold in my own Hands, which has enabled me to raise a Nursery of these very Sort of Pear-trees, so that I am ready to furnish any Gentleman at the Price of one Shilling each, and send them to any Part of *England*, *Wales*, *Scotland*, *Ireland*, or to any of our Plantations abroad. And I further say, and aver it from the Truth of Experience, that the Juice of the black Kerroon Cherry (which may be conserved till this Pear or Parsnip-apple is ripe) mixed with that of the Parsnip-apple, or with the Juice of this Orange-pear, will, with a little Assistance, make a tawny colour'd Wine, little inferior in my Opinion to some foreign Wine.

The Character of the famous black Kerroon Cherry.—THIS famous serviceable Cherry is accounted the best of the black Sort in *England*, for its Firmness, delicious Juice, and Smallness of Kernel: I believe I have above fifty of these Sort of improved Cherry-trees growing in my Plow and Meadow Fields, that seldom miss of producing great Quantities of Cherries, that we make use of in Puddings and in two-corner Pasties; but we reckon they eat better in the Pasty than in a Pye, because in cutting one of these through its Middle, the Liquor may be kept in to the last of its eating: Likewise, when this excellent black Kerroon Cherry is eaten in a little Time after gathering, the Eater enjoys a most wholesome pleasant Sort, that will bear a long Carriage, and therefore are good Market Cherries.

The Farmer's Wife's plain Way of making or raising Paste for Apple or Meat Pyes, Custards, or Pasties.—HER Allowance is half or a whole Pound of Lard, or Dripping-fat, or Pork-fat, or any Meat-fat if it is tried up, to half a Peck of Flower; which she boils in Water, and as soon as it boils, she mixes it with the Flower, and works

works it into as ſtiff a Paſte as poſſible; and when it is well kneaded, ſhe wraps it up in a Linen Cloth, to keep warm for uſing it in a requiſite Heat; for ſuch Pye-cruſt ſhould be raiſed while the Paſte is warm, becauſe it cools in making, and ſtiffens the better: With this, Apple-pyes, Meat-pyes, Cuſtards, and ſeveral other Paſties are made both cheap and palatable, for Farmers Uſes.——Or, if you will make the Cruſt ſomewhat better, melt three Pounds of freſh Butter in boiling Water, as ſoon as it boils take it off the Fire, and mix all with a Peck of Flower, and work it into a Paſte, for Apple-pye, Meat-pye, or any other that requires a ſtanding Cruſt.——Or take it this Way, melt two Pounds of Butter in a Sauce-pan with Water, when it is melted ſkim off the Butter, and with ſome of the Water work it in the Flower to a ſtiff Paſte; the Flower ſhould be half a Peck; if not uſed quickly, wrap it in a Cloth, and let it lay before the Fire.

A Puff-paſte.—TAKE one Pound of freſh Butter, and one Pound of Flower; mix two Ounces of the Butter and two Eggs with the Flower, and make it into Paſte with cold Water; then work the other Part of the Pound of Butter into a ſtiff Paſte, and with a Rolling-pin roll it thin; when ſo done, put Bits of Butter here and there in moſt Parts of it, roll it again, then double it up, and make each End meet, and roll it again, till all the Butter is thoroughly well incorporated. But to make this Receit the plainer to my Reader, obſerve what *Rabiſha* ſays.——Take a Pottle of Flower and the Whites of ſix Eggs, make it into a Paſte with cold Water, let it not be very ſtiff; when it is well wrought, roll it forth four-ſquare like a Sheet of Paper as thick as your Finger; then take three Pounds of Butter, and beat it well with a Rolling-pin, then lay it on in Slices all over your Paſte about as thick as your Finger, and ſtrew a little Flower over it; then roll up your Sheet of Paſte like a Collar with the Butter within, ſqueeze and roll it at both Ends broad and long-ways; then clap up the Ends, and make them meet in the Middle one over another, and faſten it down again with your Rolling-pin, rolling it forth every way as thin as at firſt; then flower your Board well underneath, and ſpread it over with Butter, roll it up, and work it as before; thus do three or four Times, till your three Pounds of Butter is made uſe of. In the

Summer

Summer make this Paſte in the Morning with the ſtiffeſt Butter you can get, and lay it in a cold Place till you make uſe of it. In *Winter* you muſt beat your Butter well, otherwiſe it will be harder than your Paſte, and break Holes through it.—Or, mix two Pounds of Flower with half a Pound of Butter, and the Whites of three or four Eggs well beaten with cold Water, and work into a Paſte; then roll it thin, and by Degrees roll in one Pound of Butter more; roll it again and again, adding Flower each Time for five or ſix Times, till this Quantity or more Butter is well worked into the Paſte, for making a Puff-paſte for nice ſmall Pyes or Tarts.—Or, to make a good Cruſt, you may uſe cold Milk inſtead of cold Water, with an Addition of as much Brandy as an Egg-ſhell will hold, and fine Sugar, with two Pounds of Butter, and three Pounds of Flower for Pyes, Tarts, *&c.* Thus having given my Reader an Account of making poor Paſtes and rich Paſtes, I proceed now to the making of Apple-pyes, Paſties, *&c.*

How a Farmer diſgraced himſelf by having Apple-paſties made at a dear Rate, and how he might have had them made cheaper and better.—THIS Farmer lives about three Miles from *Gaddeſden*, in a Farm of about two hundred Pounds a Year Rent; and being in low Circumſtances, endeavoured to ſave the Penny in ſeveral Managements of his Kitchen; amongſt the reſt, he had his Apple-paſties made with Wheat-meal in the following Manner: His Apples he cauſed to be chop'd ſmall with their Cores and Stalks (as they were gathered from the Tree) in a Tray or wooden Bowl unpared; this being done, he had his Paſte made with Water, and chopt Suet, or Fat, in the uſual Way, which he bought at a dear Rate, having no Hogſlard or other Fat of his own; and in this Paſte he wrapt up his chopt Apples in Form of Paſties, and baked them to his Diſgrace, for he could hardly get a good Servant to live with him, and thoſe that did, grumbled much, and worked the worſer for it. Now had this Farmer cauſed his Cruſt to be made with a Mixture of half Wheat and half Barley Meal, and not have pared his Apples, but quartered them, and threw away the Stalks and Cores, and made uſe of ſkim Milk and Yeaſt, inſtead of Water and Fat, as I have before obſerved, he had pleaſed his Servants better, and come cheaper and more creditably off; for the ſkim Milk and Yeaſt would have

have made the Cruſt puffy and white, and eat well without Sugar, if the Apples were of the right Sort, and in right Order.

How another Farmer has his Apple Pyes and Paſties made ſomething better than the laſt Farmer.——A Farmer near me has his Apple-paſties made, by firſt paring the Apples and taking away the Stalks and Tops of them, but chops the Apples with all their Cores very ſmall; for by being ſo ſmall chopt, they fill the Apple-cruſt or Coffin in every Part of it, better than if they were quartered, and the Cores thereby leſs perceived in eating.

How a third Farmer has his Apple Pyes or Paſties made.——THIS Farmer has his Apples quartered, as thinking the fewer of them goes to fill a Pye or Paſty, and becauſe the Apples will bake redder than when chopt ſmall.

This Author's Way of having his Apple Pyes or Paſties made.——ONCE every Week or ten Days, from *Auguſt* to all the Time that my hoarded Apples laſt, my Servant-Maid bakes Apple Pyes or Paſties with her Bread, but does not pare her Apples, only cores them, takes away their Stalks, and cuts them in ſmall Bits with a Knife; if the Apples are not full ripe at uſing, or if they are of the ſharp-taſted Kind, as the *Holland* Pippin, or the green *French* Pippin, and ſuch like, ſhe then puts a little Sugar amongſt them; but when ſhe makes uſe of the Parſnip Apple, or the Gold-rennet, or when ſhe mixes the ſweet Apples with a few ſharp Apples, ſhe puts no Sugar amongſt them.——By what has been ſaid, may appear the great Conveniency of having the Parſnip Apple-tree, and the Gold-rennet-tree (which are conſtant Bearers) together with the Sweet-apple-tree growing on a Farm; for by having theſe Apple-trees at command, much Sugar may be ſaved, and yet good Apple Pyes and Paſties may be made of them: It is my good Fortune to have many Apple-trees of various Kinds growing in Rows in my plowed Fields and Meadows, beſides thoſe in my Orchard, and Wood of my own planting, which in ſome plentiful Years return me large Quantities of Apples for making Cyder, and for Kitchen Uſes. And here I am alſo to obſerve, that I have ſeveral Trees of the ſweet Apple, the beſt Sort of which are of a pretty large Size, and will keep to *Lady-day* or longer; which I find of great Service in making Apple-

Pyes

Pyes and Paſties alone for Servants, without any other Sort of Apples or Sweets. But if you are for finer Sorts, ſcald Apples till tender; when you have ſo done, ſkin them, and beat them to a Pulp; then beat ſome Eggs, and mix the whole with grated Bread, Sugar, Ginger and Nutmeg, and ſome melted Butter; butter your Diſh, and bake it in a moderate heated Oven.—— Or, pare Pippins, quarter them, and near cover them with Water; put two Pounds of Sugar to about a Pottle Meaſure of Pippins, and boil theſe all together on a gentle Fire cloſe covered, with ſome beaten Dill-ſeed, Cinnamon, Orange-peel, and Roſe-water; when cold, make it into Paſties or Tarts with a rich Paſte.

Of Victualling Harveſt-men in Hertfordſhire.

IN this County we hire Harveſt-men long before Harveſt, by Way of Security, that we may not be at a Loſs for them when we moſt want them; and give each Man Thirty or Six and Thirty Shillings for his Month's Service, beſides victualling and lodging them in the Houſe all that Time, for then they are ready early and late to do our Work. Now in victualling theſe Men there are Variety of Ways practiſed by Country Houſewives; and ſhe that can do it cheapeſt, and moſt ſatisfactory, is the beſt Houſewife. To this Purpoſe, I, and many other Farmers, ſingle out ſome of our oldeſt Ewes, that are what we call broken-mouth'd Sheep (that is to ſay, ſuch who by Age have loſt moſt of their Teeth before) and timely put them into good Graſs, for their coming out fat time enough to kill in Harveſt. Or inſtead of Ewes, others kill a fat Barrow-hog of twenty or thirty Stone Weight (one or more) the Offald of which we eat freſh, and the reſt we ſalt down, as is my Way every Harveſt. Others that occupy very large Farms, and employ eight, twelve, or more Harveſt-men, have an old Cow, or a ſmall *Welch* Runt fatted againſt this Time. And if a Farmer cannot diſpenſe with the whole himſelf, he lets a Neighbour or two have the reſt; and when his Neighbours kill the like, they furniſh the ſame to him. In any of theſe Caſes we have the leſs Meat to buy of the Butcher; however, ſome Beef we commonly take of him every Week during the Harveſt, and Suet with each Lot or Parcel, for making Harveſt-puddings; which is ſo neceſſary a Part of

our

our Victuals, that the Men think they cannot make a good Dinner without either a Plain or Plumb one; and it is this laſt ſort that moſt of our Farmers have during Wheat Harveſt, and the former Sort afterwards. Theſe with ſeveral other Preparations of Food, with ſtrong Beer and Ale, are what we victual our Month or Harveſt Men with. And if we cannot get our Harveſt in by that Time, by reaſon of rainy Weather, we keep them longer, ſome even ſix Weeks or two Months, till our Ricks and Cocks of Corn are all compleated and thatched. In ſhort, it is our Notion in *Hertfordſhire*, that That Gentleman, Yeoman, or Farmer, manages beſt, who victuals his Harveſt-men with Beef, Bacon, or pickled Pork, Beans, Peaſe, Puddings, Pyes, Paſties, Cheeſe, Milk, with other culinary Preparations, and with well brew'd ſtrong and ſmall Beer and Ale; for ſuch a one ſtands the beſt Chance of hiring the beſt Hands, that will go on briſkly with their Work, and do a good deal of it in a Day. Not that I write this as a general Rule, for I know a certain Farmer, that lives within three Miles of me, who although he employs ſix Month-men, beſides his own Servants, has bought but ſix Stone of Beef in a Harveſt; becauſe he ſupplied this Meat with the Fleſh of fatted old Sheep and Swine, *&c.* I alſo am ſenſible, that much further North, Bacon, Pork, and Pudding are almoſt the whole Feed of their Harveſt-men, as believing a Bellyful is ſufficient, and that the leſs Variety of Meats cauſes the Men to eat the leſs, which may perhaps in theſe Parts anſwer the End of preventing their buying Beef, *&c.* But as ſuch Œconomy will not be agreeable to Southern Men, our Houſewife's Art lies in furniſhing Variety of Eatables, and yet to do it in the moſt frugal Manner. And that it may be ſo done not only in Harveſt-time, but alſo at all other Times throughout the Year, is the main Deſign of my writing this Treatiſe *of the Country Houſewife.*

To preſerve Beef or Mutton Suet ſound and ſweet all the Harveſt Seaſon and longer.—This I take to be a very material Article and Piece of good Houſewifery, as Beef or Mutton Suet is extraordinarily neceſſary to be kept in Readineſs, throughout the Harveſt Time, for mixing it, to make plumb and plain Puddings, *&c.* and it is on this Account that we Southern Farmers have always a Parcel of Beef Suet weighed with every Lot or Parcel of Beef we buy of the Butcher, who by Cuſtom ſhould allow a Pound

to

to every Stone of eight Pound. But for the beſt and moſt Suet, ſome buy the Surloin, that is weighed with the Leg; or if we will pay a Penny a Pound extraordinary, we may have all the Suet of a Surloin alone. Now as ſuch a Quantity of Suet cannot be made uſe of preſently, it highly concerns a right Country Houſewife to preſerve it ſound in the ſweeteſt Manner; which that ſhe may effectually do, let her chop the Suet as ſmall as ſhe can, and then ſprinkle it with Pepper and Salt at Diſcretion: This done, it muſt be potted down as cloſe and as hard as ſhe can well do it, and it will keep good not only the whole Harveſt, but near a Year together. Whereas if ſuch chopt Suet was not well ſeaſoned with Pepper and Salt, and laid looſe or hollowiſh, it would ſurely ſtink in a little Time. Obſerve alſo, that Suet ſo potted ſhould have a cloſe Covering over it, and be kept in ſome dry Part of a Houſe, for if it ſtands in too moiſt a Place it will be apt to mould and hoar.

The good Houſewifery of a Farmer's Wife to furniſh herſelf with a due Quantity of Suet againſt Harveſt-Time.—In View of wanting Suet in Harveſt-Time, this Woman took care before-hand to provide for it; therefore as often as ſhe bought Beef or a Loin of Mutton, ſhe chopt the Fat and potted it down, with Pepper and Salt as aforeſaid; knowing that in Harveſt-Time, enough of good Suet is difficult to be had, and becauſe Beef, Mutton, and Suet, ſell cheaper before than in Harveſt; which the more encouraged her in Time to provide this moſt neceſſary Ingredient, which ſhe kept thus managed in an earthen glazed pot, with only a wooden looſe Cover over it, placed in a dry Part of the Houſe.

The beſt Way of ſalting Beef, to preſerve it ſweet and ſound in Harveſt, and at all other Times of the Year.—Beef in Harveſt-Time is moſtly eaten freſh, as beſt agreeing with the Farmers and Workmens Intereſt; for by boiling a Piece freſh with Bacon or pickled Pork, the one pleaſantly reliſhes the other. And if the Beef or Mutton is lean, the fat Bacon or Pork helps it the better out; this is much obſerved by our Country Houſewives, becauſe it frequently falls to the Farmer's Lot, to have lean Pieces amongſt the Meat he buys. And when there is ſo much bought in at once as requires ſalting, ſome will directly ſalt it down in a Pot or Tub. Others, who manage much better, will firſt ſprinkle ſome Salt over it, to extract and draw out the bloody Juice (that it may take Salt the freer, keep

ſweeter, ſafer, and longer, in the hot Seaſon of the Year) and when it has lain a few Hours under ſuch a ſprinkling of Salt, will then ſalt it down for good. Or, take it this Way, which is ſtill a more ſure Way of Proceeding: After the Beef has been ſprinkled with Salt, and lain to drain out its bloody Juice ſix or ſeven Hours, wipe every Piece dry, and rub them all over well with dry hot Salt. This done, pack them cloſe in a Pot or Tub one upon another.

The Benefits of getting Roots, Herbs, and other culinary Vegetables againſt Harveſt-Time.—In our Chiltern Country of *Hertfordſhire*, ſeveral of our prudent Houſewives foreſee the great Conveniency of having broad Beans, Peaſe, Carrots, Turnips, Potatoes, Cabbages, Onions, Parſley, and other Kitchen Ware, ready for Uſe againſt a Want of them in Harveſt-Time; for that ſome of theſe not only prove a Sauce, but alſo help Meat to go the further. And here I think it neceſſary to inform our Country Houſewife, that ſhe ought to have a Bed of Graſs-Onions ready all the Summer Time for her Pot Uſes, even 'till *All-holland-Tide*. Now what I mean by Graſs-Onions, are *Welch* Onions; whoſe green large flaggy Stalks will endure cutting many Times in a Year, and will laſt ten or twenty or more Years, provided the Bed is dreſſed once in three Years with Soot, Aſhes, or Malt-duſt, and not ſuffer'd to run to Seed. This I yearly prove to my great Conveniency, as being thus furniſh'd with early and late Onion-ſtalks, when Roots and Stalks of others are not eaſily had; and for having theſe Onions, its Seed may be had at any of the *London* Seed-ſhops, by aſking for a Pennyworth or two of *Welch* Onion Seed: But I have further to inform my Reader, that this is the Seed which produces the forward Sort of young Onions, which are drawn by *May-Day* to be eat with Sallads; therefore this *Welch* Onion Seed may be ſown for an early Drawing of them, as well as for a durable Crop to cut in Flags. And as for broad Beans, they ſerve, in ſome Meaſure, as a ſecond Sort of Meat as well as Sauce, and are ſo neceſſary to a Family in Harveſt-Time, that That Gentleman, Yeoman, or Farmer, who does not provide a ſufficient Crop of them againſt ſuch an Occaſion, is very much wanting to his own Intereſt; for it is this moſt cheap and ſerviceable Vegetable which allays Thirſt, and ſo reliſhes fat Bacon, or ſalt Pork, that the Men often

eat

eat it with a good Stomach, to the ſaving of much Expence in the Conſumption of Beef and other Meat; it is eaſy of Carriage to the Field, will keep hot ſome Time, and prove a very wholeſome nouriſhing Eatable. Peaſe alſo are valuable, as a Change of ſatiating Diet, and are cooling and pleaſant to the Taſte. In the Harveſt of 1748, as well as in former Harveſts, I fed my Harveſt Men almoſt every other Day with Bacon and Beans, or pickled Pork and Beans. Carrots, Turnips, Cabbage, and Potatoes, are alſo good Kitchen Proviſion to be eaten with ſalt or freſh Meat. Onions, Sallary, Leeks, Parſley, Thyme, and Savory, are alſo neceſſary in Harveſt-Time, becauſe with theſe our Country Houſewife cooks up her lean Orts of Beef, her Pieces of Bacon or Pork, her offald cold Turnips, Carrots, Cabbage, or Potatoes. And if the Meat is a little tainted, yet by her ſkillful Management in the Uſe of ſome of theſe Roots and Herbs, ſhe may recover ſuch Meat, by cauſing it to be haſhed or minced according to the Art of good Houſewifery.

Of the Nature and Uſes of Pork in Harveſt, and at other Times of the Year.

SWINES Fleſh, ſays an eminent Phyſician, nouriſhes very plentifully, and yields firm Nouriſhment; therefore is moſt profitable to thoſe that are in their flouriſhing Age, ſound and ſtrong, who are exerciſed with much Labour. Now, as ſuch, I would here introduce it, and for its being a moſt pleaſant ſerviceable Meat, eſpecially for the Diet of Harveſt-men now and then, becauſe a Porker, newly killed, admits of many Ways of dreſſing it, is cheaper done, is leſs cloying, and keeps (ſalted) ſweet and ſound longer than any other Meat whatſoever: Witneſs the Approbation it meets with in the County of *Kent*, where pickled Pork is in ſuch general Eſteem, that they make very little Bacon there, becauſe a Diſh of pickled Pork, with Apple Dumplins, *&c.* is there deemed an agreeable Repaſt, from the Peer to the Peaſant. And as thus, it ſtands the moſt ready and cheapeſt of fleſh Victuals to Tradeſmen and Farmers in particular; for here the common Plowman thinks himſelf not rightly provided, if he cannot carry a Piece of pickled Pork and

Apple-Dumplin into the Field, to bite on till he comes home to Dinner; as ours in *Hertfordſhire* take a Piece of Bread and Cheeſe with them; for pickled Pork is more profitable to a Family than Bacon, becauſe there is no Reaſon to commit Waſte in eating it, as too often is ſeen in the Caſe of the latter, when its burnt thick Rind or Skin, and the ruſty Inſide of the fleſhy Part, tempt many to throw them away. Bacon is likewiſe very apt to have its Gammon-part damaged by the Breed of very minute Inſects of the vermicular Kind, that are firſt generated in it, and when a little aged become winged, for it is then that they ſkip or fly about, and from hence it is that they are called the Hopper-Fly, that will, if not prevented, eat into and ſpoil the whole Gammon; and how to prevent it without making a preſent Conſumption of the Bacon, is above the Art of moſt People, as I ſhall in my Second Part *of the Country Houſewife* further obſerve. Whereas theſe Damages are intirely avoided in pickling of Pork, as well as the diſagreeable Rankneſs of Taſte that Bacon is very ſubject to have in it, if kept aged.

Of killing a Barrow-Hog for a pickled Porker in Harveſt Time.—THIS is a late Practice in *Hertfordſhire*, but takes more and more every Year, becauſe the freſh Meat of a Porker leſſens the Farmer's Expence in Beef, *&c.* For this Sort of Meat being of his own feeding, not only ſtands him in leſs Charge than Beef, but when it is managed by a good Houſewife, will go further than any other Sort of Fleſh in a Family. And why the killing of a Porker in Harveſt has not been long practiſed is, becauſe moſt People imagine that the Weather at this Seaſon of the Year is too hot for making the Fleſh take Salt kindly, ſo as to keep ſweet afterwards. But the contrary of this erroneous Opinion, I and many others every Year prove, by an artful and careful Management; for we, in the firſt Place, take care to keep a Porker from Meat two Days and two Nights before we kill him, becauſe if a Porker was killed with a Bellyful of Meat, the Fleſh of it would not keep ſo long ſweet and ſound, as one killed when its Belly is empty of Food. This is ſo well obſerved by Butchers, that they not only follow this Rule in killing a Porker, but do it alſo in killing all other Beaſts, whenever their Conveniency allows it. So when a Porker is killed in the Summer Time, it ſhould be done in the Evening,

that

that the Fleſh may be the ſooner cold, by the approaching Night; and when the Hair is ſcalded off, and the Guts taken out, my Way is to hang the Carcaſe up in the Cellar, or other cool Place, where the great blue Blow-Fly cannot come. This I did by one I ſcalded in *Auguſt* 1746, about the third Day after I had began Harveſt, that weighed five and twenty Stone, as I did another in *Auguſt* 1748, and is what I generally practiſe every Year, as one of the beſt Pieces of Huſbandry belonging to a Farmer's Houſe for leſſening the Total of a Butcher's Bill.

Of cutting out the Carcaſe of a Porker for pickling.—THE next Morning we cut out the Carcaſe into many Pieces. Firſt the Butcher cuts off the Head and cleaves the Porker aſunder, then takes out the Spare-ribs, or Chine, or both; if a Chine is ſaved, the Spare-ribs will be the leſs. Next he chops off the four Hocks, then cuts out the two Blade-bones, and two Butt or Buttock Pieces, and laſt of all the ſhort or broiling Ribs. The reſt, being all Fleſh is pickled; and for this, the Butcher cuts it out into ſquare Pieces according to the Bigneſs of the Family.

Obſervations on killing ſeveral Sorts of Sow-Hogs for pickled Pork.—A YOUNG Sow, that has had but one Litter of Pigs, and is gone near half her Time with Pig again; if ſuch a one is fatted and killed then, her Fleſh will eat almoſt, if not quite, as well as the Fleſh of a ſpay'd Sow, if pickled for Pork. The next Obſervation is, that I killed, on the thirteenth Day of *May*, 1745, a Sow that had had two Litters of Pigs; her laſt Litter was pig'd on the 11th of *March*, and on the 4th of *April* I ſold off her Pigs. On the 30th of *April* ſhe took Boar, and thirteen Days after I killed her, being near the Middle of three Weeks after her brimming Time was over; and ſhe eat exceeding ſweet and fine, as being fatted with Barley-Meal after a particular Method; for though ſhe was fattening but a little while, yet by being kept well before, ſhe was thought to weigh thirty-five Stone, tho' fattened for pickled Pork. It is alſo become a late Practice to kill an old Sow for pickled Pork, notwithſtanding ſhe be ſeven Years old, or more; but then as her Skin by ſuch an Age is got thick and tough, ſhe is better pickled with her Skin firſt taken off. This has been done to my Knowledge for Harveſt and other Uſes, to a good Purpoſe; for as ſuch an old Sow is fatted on a ſudden from a very lean Condition, with Barley-Meal or other ſweet

Food, the Fleſh eats tender and luſcious, like that of a young Barrow-Hog. And as to her Skin or Hide, a Profit may be made of it, by ſelling it to the Tanner, for that with tanned Hog-ſkins many Saddles are covered, and ſold for a better Price.

How a Farmer in Hertfordſhire *ſinged the Hair off his Hogs, to make pickled Pork of them.*—THIS Farmer rented about a hundred Year in *Great-Gaddeſden* Pariſh, and was of Opinion, that ſinging or burning off the Hair of a Hog made the Fleſh harder and firmer, and better for pickling, as Pork. Accordingly, after the Hog's Hair was burnt off with Straw, he rubbed the Skin with a Brick-bat dipt in hot Water, till he got it white and clean. But I cannot ſay I am of his Opinion.

Of pickling Pork in Harveſt, and at other Times of the Year.—WHEN the Carcaſe of a Porker is cut out, and the bony Pieces ſeparated from the fleſhy ones, we lay the fleſhy Pieces on a clean Brick Cellar-Floor, in Harveſt-time, or any other Summer Weather; but if a Porker is killed in Winter, we lay them on a Table or Bench, ſomewhat in a ſloping Poſture, cloſe by one another, out of a Cellar. The Pork ſo laid, we ſprinkle common Salt over all of it, and let it remain in this Condition a Day, or a Day and Night, to drain out its Bloody-gravey or Juice; for if this is not firſt carefully done, the Pork will ſtink, notwithſtanding it is well ſalted. Then to a Porker that weighs five and twenty Stone (which is the Bigneſs I commonly kill mine at) we make uſe of a Peck and a Pottle of common Salt, well mixed with two Ounces of Salt-petre, finely beaten. Theſe two Salts being well incorporated, our Houſewife ſalts every Piece of Pork with it all over; and as ſhe ſalts them, ſhe lays or packs them very cloſe in a glazed earthen Pot or powdering Tub (but we account the firſt beſt) and between every Layer of Pork ſprinkles ſome coarſe Sugar, till a Pound of it is thus made uſe of. When all is potted, ſhe lays over it a wooden Cover.

The Practice of an old Hertfordſhire *Houſewife in the pickling of Pork.*—THIS old *Hertfordſhire* Houſewife, who lived many Years at *Market-ſtreet*, and boarded Perſons who were under the Care of the late ——— *Copping*, Eſq; for the Cure of Cancers, *&c.* often ſaid, that Sugar helps to preſerve pickled Pork, and therefore ſhould be always uſed with Salt, to make the Pork eat ſweet, ſhort,

ſhort, and well colour'd; but firſt of all her Practice was to rub over every Piece of Pork as thin as poſſible with powder'd Salt-petre, and then to rub the Mixture of Salt and Sugar over them; for that the Salt-petre hardens the Fleſh, and the Sugar ſoftens it, and greatly leſſens the fiery ſharp Taſte of it. One Pound and a half of Sugar, ſhe ſays, is enough to mix with a Peck of common Salt, and four Ounces of Salt-petre is enough for a Porker that weighs five and thirty Stone: She alſo ſays, that a Board or Cloth, or both, ſhould be laid, and kept always over the Pot or pickling Tub, to keep out the Air, for that if the Air gets much to it, it will never recover its firſt fine Taſte, do what you can: She likewiſe ſtrictly obſerves to take out every Piece of pickled Pork with a Fork as ſhe wants it, for that if the Fingers touch it, they are apt to taint and ſpoil the Pork.

The Practice of a ſecond Hertfordſhire *Houſewife, in the pickling of her Pork.*——THIS Woman's Way is to mix common Salt, Bay-ſalt, and Salt-petre, beat very fine with Sugar in a Bowl; then with this Mixture ſhe rubs over every Piece of her Pork, and thus ſalts it all down in a Pot or Tub, ſaying, that this is a better Way than to ſtrew Sugar between the Layers of Pork.

The Practice of a third Hertfordſhire *Houſewife, in the pickling of her Pork.*—To a Porker, weighing twenty Stone, ſhe made uſe of a Quarter of a Pound of Salt-petre mixt in Powder with common Salt to the Quantity of a Peck, and after the Pieces of Pork were ſprinkled with Salt, to extract the bloody Part that remained in them, ſhe rubbed them well all over with the ſalt Mixture; and if, after the Pork had been potted down about a Week, the briny Diſſolution of the Salt did not appear to her liking, ſhe drained off what was liquid, and boiled and ſcum'd it, and in the boiling added more Salt and Water, which when cold, ſhe poured on her pickled Pork. But there are ſome that in ſuch a Caſe will take out every Piece of the Pork, and ſalt it over again with common Salt, and then pour over it this refined Brine, as thinking all ſuch Preparation but little enough to preſerve Pork a Year together ſweet and ſound, eſpecially if the Hog is killed in Harveſt, or at any Time in the Summer, becauſe they are ſenſible it is the Heat of the Weather that chiefly endangers pickled Pork to eat rank. Wherefore if the freſh Pieces of Pork, as I ſaid,

are laid on a Cellar-brick-floor, or in ſome other cool Place, to draw out the Heat that remains in the Fleſh, it will be in no danger of eating rank or being otherwiſe damaged: A Trouble that ought not to be grudged, ſince one Night's Time is ſufficient for this, if the Cellar is of a very cool Sort.

How a young Maid-Servant ſpoiled the Fleſh of a Porker for want of knowing how to pickle it.—THIS happened to my certain Knowledge, for I was an Eye-witneſs of it, by ſeeing the ſpoiled Pork when it lay abroad on the Dunghill, occaſioned merely by the Ignorance of a young Maid-Servant, who having no Miſtreſs to look over her, pretended herſelf capable of pickling a Porker. But it happened otherwiſe, for after the Pork had been a little Time in the pickling Pot, it began to ſmell rank, and as it continued longer, it became worſe; inſomuch, that ſhe was obliged to throw moſt of a fine fat Porker to the Dunghill, for that none of the Farmer's Servants would eat it. Now this Damage was occaſioned by her not firſt ſprinkling the Pieces of Pork with Salt the Night before they were pickled, for the bloody Juice to drain out of them; for had ſhe ſo done, and the Pork lain thus but twelve Hours before it was pickled down, this Loſs had been prevented.

A famous Receit for pickling of Pork—Is this: Put as much Salt into Water, as will cauſe an Egg to ſwim; boil and ſcum it well; when cold, put it into a pickling Pot or Tub, or earthen Jar, and put your Pieces of Pork into it; here they are to remain a whole Week, for the bloody Gravey to be extracted; then take out all the Brine, and boil and ſcum it again, with an Addition of Salt and Water, if you find it neceſſary; when cold, put in the Pork to ſtand a Week longer, do the ſame a third Time a Week after, then ſtop it up cloſe for keeping: In this Manner, Pork may be made to keep ſweet and ſound a long Time; and by this Method you may preſerve your Offald-pieces for a great while, as Hocks, Tongues, Chines, Spare-ribs, Butt-pieces, *&c.* And if you approve of the Pork being of a reddiſh Colour, boil an Ounce, two, or three, of Salt-petre in the Brine, and it will not only bring it under this Colour, but ſecure your Meat the better from tainting.—*A ſecond Receit is*, When the Pork is cut from the Bones, rub every Piece well with Salt-petre; this done, take one part Bay-

ſalt,

ſalt, and two parts common Salt, and with this rub every Piece thoroughly well; then ſtrew common Salt over all the Bottom of the pickling Pot or Tub, and lay in and cover every Piece of Pork with Salt; pack them as cloſe as you can, and fill the hollow Places with Salt; likewiſe when you perceive that the top Salt melts down, ſtrew over more Salt, and you need not fear the Pork keeping ſound a good while.——*A third Receit.* Some make uſe of half Petre-ſalt, and half Salt-petre, to mix with common Salt, as having a Notion, that Petre-ſalt mix'd makes the Fleſh red and ſoft, when Salt-petre alone makes it red and hard: However, they allow, that all theſe three mixed with Sugar, ſhortens the Fleſh, gives it a pleaſant Reliſh, and makes it eat ſomewhat like Ham, and keeps it from ſliming. And for the better preventing any Corruption breeding among the Pork, ſome will, after it has lain a Month ſalted down, take out every Piece, and lay them in a freſh Pot; and as they are laid in, will ſprinkle a little Salt over every one of them; and after the old Pickle is boiled, and ſcum'd, when cold, will pour it over the Pork; for though Pork is potted with only Salt, yet it will all turn to Brine in leſs than a Fortnight: Now all this Coſt, Care, and Pains in pickling Pork, is no more than what is neceſſary, ſince (according to the Opinion of ſome) it does not come to its full Perfection of Goodneſs under one Year's Time.

How a Hertfordſhire *Houſewife damaged her pickled Pork.*—In pickling her Pork, by Miſtake ſhe put too much Salt-petre amongſt it, and thereby gave it ſuch a diſagreeable rank Taſte that it could hardly be eaten, eſpecially when it was hot, for when the Pork was eaten cold it did not taſte ſo bad; therefore this Houſewife ſaid, that two Ounces of Salt-petre was full enough to mix with common Salt, for ſalting a Porker of twenty Stone Weight; and although this Woman tried, by waſhing ſome Pieces of the pickled Pork with hot Water, to take off the ill Taſte, yet it proved paſt her Skill, for that the Fleſh retained its diſagreeable Twang to the laſt.

Why Pork, that is to be pickled, ſhould be firſt ſprinkled with Salt, to ſoak and draw out its bloody Part.—The Reaſon is, becauſe there are Veins in the Fleſh, that contain ſome Blood in them, which, if not firſt extracted and diſcharged by the Salt, will corrupt and taint the pure Fleſh.

Fleſh. On this very Account, ſome are ſo careful, that they will not pickle down their Pork till it has lain under a ſprinkling of Salt a Night and a Day; others refuſe to let it lie more than ſix or eight Hours, as believing, that if it lies longer, the gravey Part will be alſo drawn out: However, this is certain, that if the bloody Water is not firſt got out, it will mix with the Brine, and corrupt and ſpoil all the Pork.

A new and ſafer Way to pickle a Porker in Summer-Time.—THIS is in Caſe you have not the Conveniency of a cloſe cold Cellar; then kill your Porker in the Evening, and as ſoon as his Guts and Appurtenances are taken out, ſift ſome black Pepper through a fine Sieve, and ſtrew it all over the Inſide of the Carcaſe; then hang it up till Morning, when you are to lay the two Sides of it in a ſtrong Pickle for five or ſix Hours; for in this Time the Brine will extract and draw the bloody Juices and Jelly out of the Fleſh; this being done, cut the whole into convenient Pieces, and ſalt and pickle it as before. By this Means the Fleſh is delivered from the Damage of its great Enemy the Blow-Fly, that are very apt to get to it through the ſmall Holes and Crannies; but if they do, they cannot meddle with the Inſide of the Porker, becauſe the Pepper Duſt defends it. And as the Pork is pickled, the Pepper Taſte will be entirely overcome and loſt by the greater Power of the Salt.—Or kill a Porker in the Summer Evening, and hang him in a Cellar with a wet Cloth round it, if there be Danger of the Fly, for cutting it out next Evening.

A particular Way of ſalting down a Porker for pickled Pork.——I will here ſuppoſe the Porker to be ſcalded, (which is what I always do) for then the Fleſh will take Salt better than when it is ſinged, becauſe the Fire locks up the Pores of the Skin, when ſcalding opens them; after the Porker has been killed about fifteen Hours in cool Weather, cut it out, and ſprinkle ſome common Salt over the Pieces, as before directed: This done, if the Porker weighs thirty Stone, take a Peck and a half of Salt, a Quarter of a Pound of Salt-petre powder'd, a Quart of Petre-ſalt, and a Pound and a half of coarſe Sugar; put theſe Ingredients well mixed into an Iron-pan, and heat them very hot, and with it ſalt every Piece of Pork thoroughly well, and pack the Pieces very cloſe in an earthen glazed Veſſel; then put a round Board over

the

the Mouth of a round Pot, and a Weight on that, and a thick Cloth tied faſt over all: The Weight preſſes down the Pork into the Brine, and the Cloth keeps out the Air; for it is the Air that corrupts and breeds a naſty Film on the Top of the pickled Pork. *N. B.* In ſalting down a Porker to pickle, there muſt be Salt enough made uſe of to raiſe a Brine, as the *Kentiſh* Houſewives do, or elſe the Porker will be in danger of corrupting.

A Country Woman's Way to manage a Porker that is too ſmall for pickling a long Time.—Of a Porter about eight or ten Stone Weight, that is to be eaten quickly, ſhe has the Spare-ribs cut likewiſe, then ſalts the Pieces but very little, even only to a ſprinkling, for drawing out the bloody Juices; twelve Hours, ſhe ſays, will do this in calm Weather, four and twenty in froſty; then ſhe ſalts them for good: Of ſuch a ſmall Porker ſhe makes two Haſlets, one with only the Heart, Lights, and Sticking-piece, ſtuck on a great Skewer, with Sage mix'd with Salt, and baked as it lies over an earthen Pan in the Oven.—Another Haſlet may be made with the ſhort bony Pieces ſpitted, roaſted, and eaten with Apple-Sauce and Muſtard.

The Kentiſh *and* Suffolk *Ways of pickling Pork.*—THE pickling of Pork, I believe I may ſay it for Truth, was firſt practiſed to the greateſt Perfection in the County of *Kent*, as is well known to me, that have lived in three ſeveral Parts of this famous Country; ſince which the *Suffolk* Farmer has fell into ſuch an Approbation of it, that he refuſes to make Bacon, for giving the Preference to pickled Pork: Here their general Way is to kill Porkers at two ſeveral Times of the Year; the firſt Sort are thoſe ſmaller Porkers that have run in the Stubble, and got ſome Fleſh on their Backs, which comes in for a firſt and preſent Supply of Meat, after their old pickled Pork is expended; and as ſmall Porkers are to become a Family Subſiſtence for about three Months, they ſalt the Pieces accordingly, without ſalting them ſo much as to create a deep Brine; and as the Weather at this Time of the Year comes in colder and colder, ſuch ſalting will prove ſufficient to keep the Fleſh ſweet till *Chriſtmas* following, when they begin to kill their large Hogs, to pickle for the enſuing Part of the Year. And when at this Time they kill their large pickling Hogs, after they are ſcalded, and the fleſhy Pieces have been ſprinkled with

with Salt, for drawing out the bloody Gravey, they cut almoſt all the Lean from off the Fat, and leave the Pieces as fat as they well can to be pickled down; and for putting the lean Part ſo cut off to the beſt Uſe, they think it ſo done, when they make Sauſages of it; then when they ſalt down the Pieces of Pork, a Man is there on purpoſe to preſs down every one as tight as he can poſſibly; and this he does to prevent ther ſwiming in the Brine, for if they ſwim, they will ruſt and ſpoil: The Pork being thus ſalted and preſſed down in a pickling Tub (for here they refuſe the earthen glazed Pot) they have a wooden Cover in a Hoop, that ſhuts or covers the Tub ſo cloſe, that it prevents the Air getting to the Pork. And when they want to take out a Piece, they do it with a Fork as it lies on the Top, for they never meddle with an under Piece, to the diſplacing of an upper one; and to prevent the Neceſſity of uſing ſuch a Tub of pickled Pork too ſoon, ſome of their beſt Houſewives keep a Stock of old pickled Pork by them; for, as they manage it, it will keep Years together ſound and good; and therefore they beſtow a ſecond Security on it, by boiling a very ſtrong Brine about *Lady-Day*, which when cold, they put over the pickled Pork, and then begin to make uſe of it. And ſo opinionated are theſe *Suffolk* Houſewives of their pickling Pork in the beſt Manner of all others, that they ſay, it will eat almoſt like Marrow when it is rightly boiled; and thus their pickled Pork becomes the chief, and almoſt the only Meat the *Suffolk* Farmer's-Family feeds on: Accordingly, it is ſaid, that when one of theſe Farmers rents two hundred a Year, by this, and other frugal Managements, his Butcher's Bill amounts but to a Trifle in a Twelvemonth's Time.

To bake the Ears, Feet, the Noſe-part, Mugget, or griſtly lean Parts of a Hock of Pork.—THESE, or any Part of them, may be made a good Family pleaſant Diſh, thus:—Lay them in a glazed earthen Pot, and ſtrew over them ſome Salt, Pepper, Onions, one or more Bay Leaves; over theſe pour Water till it is above them, bake it two or three Hours, and keep it as it comes out of the Oven till wanted, then cut and fry it in Slices; the Sauce is a little of the Pickle, Flower, and Butter melted with ſome Muſtard.

To roaſt Pork in a Collar.—THERE is a pretty Way of doing this with a Breaſt, or any other Part of the Hog, that will admit of rolling into a Collar: The Fleſh muſt be taken from the Bones, and rubbed over with Salt, Thyme, Sage, Nutmeg, Cloves and Mace, all in Powder, then roll and tie it up, and run the Spit through it long ways. Or you may ſeaſon ſuch a Collar of Pork with only Thyme, Parſley and Sage; roll it in a hard Collar in a Cloth, tie it at both Ends, boil it, and when cold, keep it in a ſoucing Drink.

Rabiſha's *Way to ſouce a Pig in Collars.*—CHINE your Pig (ſays he) in two Parts, take out all the Bones, and lay it to ſoak in Water all Night; next Day ſcrape off all the Filth from the Skin or back Part, and wipe it very dry; then ſtrew ſome Pepper over it, with a little powder'd Mace, Ginger, and a Bay Leaf or two; roll it in two Collars, and let your Water boil before you put it in, keep it ſcumming till it is half boiled; when boiled enough, keep it in a ſoucing Drink.—Or take it this Way: When you have cut off the Head of the Pig, ſlit the Body in two, taken out its Bones, and waſhed the Fleſh in ſeveral Waters, you ſhould then ſcrape the ſkinny Part, and wipe it dry; this done, ſeaſon it with a Mixture of Salt, Thyme, and Parſley; roll it hard with filletting, and boil it in two Quarts of Water with the Bones; which put into about a Quart of Vinegar, a Handful of Salt, Sweet Herbs, and Spice, and a Bay Leaf or two, and when boiled tender, keep it in this Pickle or ſoucing Drink.—Or what I think is a better Way ſtill: Boil the two Collars only in Water, till they are very tender, and when ſo boiled, take only a little of this Water, and add to it a little White-Wine (and Iſinglaſs if you pleaſe) ſome Salt, Vinegar, Mace, and two or three Bay Leaves; this boil by itſelf a very little while, when cold put in the two Collars, and keep them in it as a ſoucing Drink or Pickle; if this Pickle is made ſtrong, it is ſaid to preſerve ſuch Collars ſweet half a Year together, but the Head muſt be eaten preſently. Theſe ſeveral Ways were printed by old Authors, and inſerted by ſeveral new ones, in their late Collections.

Rabiſha's *Way to bake a Pig.*—SCALD it (ſays he) and ſlit it in the midſt, flay it and take out the Bones, ſeaſon it with Pepper and Salt, Cloves, Mace, and Nutmeg, chop ſweet Herbs fine, with the Yolks of two or three

three new laid Eggs, and parboiled Currants; then lay one half of your Pig into your Pye, and Herbs on it, then put in the other half with more Herbs aloft on that, and a good Piece of ſweet Butter aloft upon all: It is a good Diſh (ſays he) both hot and cold.——But the Farmer's Wife, when ſhe bakes a Pig, makes no more to do, than to lay a Pig (after it is ſcalded, to get the Hairs off, and gutted) in an earthen Pan, with a Paper over it to keep it from being ſcorched; and for Sauce, ſhe employs the Brains, Gravey and Currants.—But *John Murrell* gives his printed Receit thus: To bake a Pig, ſays he, cut it in Quarters, ſeaſon them with Pepper, Salt, and Ginger, lay them in Pye Cruſt, and ſtrew over them ſhred Parſley and Savory, minced hard Yolks of Eggs, Blades of Mace, Currants, Sugar, and ſweet Butter: In two Hours Time it will be baked, then mix ſome Vinegar and Sugar, and pour it by Way of a Layer over the Pye with ſcraped Sugar.—Again *Rabiſha* ſays, to improve a Pig Pye, bone the Fleſh, and ſeaſon it with Nutmeg, Pepper, Salt, and chopt Sage; then ſlice thinly a boil'd Neat's Tongue or two, and lay the Slices on ſome Pig, then more Pig, and then more Tongue, and ſo on: The Pig is to be laid in Quarters, and over all put a few Slices of Bacon, Cloves, Butter, and a Bay Leaf or two; make the Paſte white and good, and after it is out of the Oven, put in ſome ſweet Butter.

To roaſt a Pig.—*Murrell* ſays, to make a Pudding to put in its Belly, take grated Bread, half a Pound of minced Suet, a Handful of Currants and Cloves, Mace, Nutmeg, and Ginger in Powder, with Salt and Sugar, two Eggs, Roſe-Water, and ſome Cream; ſew the Pudding up in the Pig's Belly, and roaſt it; when almoſt roaſted, ſqueeze the Juice of Lemon over it with grated Bread; the Sauce is Vinegar, Butter, and Sugar, and minced hard Yolk of Egg with it. — But I think the plainer Way better than this, which is to mix Salt with chopt Sage and Parſley, and ſew it in the Pig's Belly; put Paper round it, to keep it from ſcorching, and roaſt it; the Sauce, Butter, Brains, Gravey, Vinegar, Sugar, and Currants.

The Farmers Way of dreſſing a Porker's Head, Feet, and Ears. — We make no more to do, than to boil them tender, and eat them with Muſtard; and if any of them

are

are left cold, we fry them in Lard with ſome Onions, and eat with Muſtard.—Or elſe, mince the Fleſh of them, and lade Butter over it for eating.—But to eat the Feet and Ears in a nicer Manner; when they are boiled, chop them ſmall, and mix Butter with Gravey, Shalot, Muſtard, and Slices of Lemon; then ſtew all together.

To fry collar'd Pork.—BEAT up ſome Yolks of Eggs with grated Nutmeg, then cut Slices of your Collar, and dip them in it; then fry them, and eat with Muſtard and Sugar.—Or you may broil a Chine, or other proper Piece of Pork, and ſauce it thus; cut Turnips in Bits, boil them in Broth and Milk, then toſs them up with Butter and Vinegar, and pour it over the broiled Pork.

Pork-Balls to fry.—THESE are pretty ready Victuals, made with the Fat of Bacon and the Lean of freſh Pork maſhed together in a Mortar or otherwiſe, with powder'd Spices and ſhred Sage, Crums of Bread and Flower, fry'd in little Balls, or in little ſquare Pieces, in a Pan of Lard.

A Yorkſhire Cook-Maid's Way to pickle Pork.—SHE rubs the Pieces over Night with only brown Sugar, and lays them ſloping on a Table or Bench to drain, next Day ſhe rubs on them Salt-petre Powder, mixed with common Salt and ſome Loaf Sugar, then pots it up; no Way, ſhe ſays, exceeds this.

How to bake or roaſt a Hog's Haſlet in the cheapeſt Manner the Hertfordſhire *Way.*—A Hog's Haſlet is to be compoſed of the Sticking-piece, the Lights, the Heart, and ſometimes the Milt; theſe being well waſhed, and cleanſed from their Blood, are cut into Pieces about the Bigneſs of one's Hand; then we get ready beaten Pepper, Salt, ſhred Sage and Onion: This being done, we run a Stick, or very large Skewer, through every one of the Pieces of Meat; but before we put them on the Skewer, we roll every Piece in the ſeaſoning, and when ſkewer'd, ſtrew over them the ſhred Sage and Onion; next we faſten the Kell or Caul of the Hog round the Haſlet, for preventing its ſcorching, and cauſing it to come moiſt out of the Oven with Gravey and Fat in the Earthen-pan it lay over; if the Caul is from a ſmall Hog, it is but little enough to lay over and cover the Haſlet, but if from a large Hog, half the ſkinny Part may be ſufficient, and the thick fat Part cut in Bits, for being melted and try'd up with the Fat of the Belly-piece; both which, being a Sort that will not keep ſweet ſo long as Lard, may be made uſe

of

of to fry Pancakes, *&c.* This is the moſt profitable Way of all others to dreſs a Hog's Haſlet, becauſe it is thus made palatable and wholeſome without Waſte; for by thus baking it, the Haſlet of a large Hog has yielded a Pound or more of Fat, which, as ſoon as the Haſlet is out of the Oven, is ſcum'd off, and put into a glazed earthen Pot, to be kept for frying Meat with, *&c.* And as the gravey Liquor is left behind in the Pan, it ſerves for palatable ſopping, and in the whole, gives a Family a delightful nouriſhing Diſh.——But if the Haſlet is to be roaſted, the very ſame Preparation will do, only inſtead of running a Skewer through the Pieces of Meat, they muſt be ſpitted; but as roaſting a Haſlet is more troubleſome and coſtly than baking it, where a Perſon has an Opportunity, the laſt Way is to be preferred.——A ſecond Way to roaſt a Haſlet, though more coſtly than the firſt, is, to cut the Heart in thin and the Liver in thicker Pieces, about the Bigneſs of a Hand, with the fat Crow, Sweetbread, and Sticking-piece only. This done, beſmear the Pieces with beaten Eggs, and then rub them over with a Mixture made of grated Bread, ſhred Sage, Pepper, Salt, and Marjoram, and as you ſpit the Pieces ſo prepared, put a few thin Bits of fat Bacon amongſt them, and wrap the Caul over all. When roaſted, eat it with Vinegar, Muſtard and melted Butter for Sauce.

The Hertfordſhire *cheap Way of making Family Mince-Pyes with a Hog's-haſlet.*—For this we make uſe only of the Lights, the Sticking-piece, and Heart; and if they are of an old Hog, they muſt be firſt boiled an Hour, or till they are tender. This being done, they muſt be firſt chopt or minced very ſmall, and mixed with Plumbs, Currants, coarſe Sugar, and Jamaica Spice at Diſcretion. Then put it into a Pan-paſte, or into raiſed Paſte, or into Paſties, for baking.

The Hertfordſhire *Way to make Mince-Pyes for a large Family, with a Haſlet, &c. is this.*—AGAINST the Time that a Hog is to be killed, many of the *Hertfordſhire* Women provide a Calf's Chauldron; and when theſe Guts are cleaned, they likewiſe clean the Hog's Guts, and boil them together till they are tender. Next they chop and mince both very ſmall, and likewiſe boil and mince the Haſlet, and other odd Bits of Meat from a Porker or Bacon Hog. And when Plumbs or Currants, or both, with ſome *Jamaica* Spice, is mixed with ſuch minced Meat, there may be

be ſeveral Pyes made, to be eaten hot or cold, which may be baked in earthen or tin Pans, or as Paſties in turn-over Cruſt. This is much in Practice in and about the Town of *Tring* in *Hertfordſhire*, partly becauſe there is much Veal brought to this Market (that lies thirty Miles from *London*) from the adjacent Country, which is famous for producing the whiteſt Sort in *England*.

The Hertfordſhire *Houſewife's Way to make Pork-pyes, or turn-over Pork-paſties in Harveſt-time.*—As it is one of the beſt Pieces of Huſbandry, on the victualling Account, to kill a Porker at the Beginning of Harveſt; ſo it is a good Piece of Houſewifery to make the beſt Uſe of the Offald-pieces of the ſame. To do which, our Houſewife takes the two Kidneys, the two Butt-pieces, the Mouſe-pieces, that grew at the End of the Blade-bones, the two Blade-bones, and other odd Pieces, and chops them into Bits, about the Bigneſs of a Pidgeon's Egg; then peppers and ſalts them pretty high, for at this Time of Year this is more than ordinarily neceſſary to be done, becauſe theſe Pyes or Paſties are to be kept ſome Days for being eaten cold: This done, make a regular Mixture of the fat and lean Pieces; if there be not fat Pieces enough, the Pye will eat dry, and if there be too much Fat, it will be apt to make the Harveſt-men ſick. Now with theſe fleſhy and bony Bits of Meat, ſeveral large Pyes may be made, and baked, either in raiſed Paſte, in earthen Pans, or in pewter Diſhes, or in the Shape of turn-over two-corner'd Paſties, and thus they become a moſt neceſſary and convenient Food at this Time of the Year, for Farmers Families in particular, becauſe the cold Pyes or Paſties are a portable, wholeſome, and ſatiating Victuals for Breakfaſt or Dinner; but in cold Weather, the Blade-bones of a Porker are generally broiled, and not chopt in Bits to bake in Pyes. *N. B.* Thus it is our *Hertfordſhire* Way to make Pyes of the ſhort bony Pieces, and boil the coarſe fleſhy Pieces firſt; ſo that our Houſewife ſalts down or pickles only the fine fat Pieces clear of all Bone, as being the only way to eat all the Fleſh of a Porker in ſweet Order; for if the bony Pieces are ſalted and pickled down, it's a great Chance if they do not ſtink. And it is by theſe houſewifely good Managements that we dare to kill Porkers, even of thirty Stone Weight, in the hotteſt Weather of Summer, with an Aſſurance of keeping the Meat from tainting, provided we have a good Cellar.——A ſe-

cond Receit is, To cut the lean Part of a Porker, with ſome of its fat Part, and mix and beat them together. This done, ſeaſon them with Nutmeg, Mace, Pepper, and Salt; and between every Piece of this beaten Meat, lay a ſmall thin Cut of hard Fat, as that of the Chine or ſuch like. When all is put into the Pye-cruſt, put Bits of Butter on the Top of it, with ſome Claret, juſt as the Pye is put into the Oven.——A third Receit is, That in caſe you roaſt or boil a Joint of Pork, and it prove to be under boiled or roaſted, it may be recovered, by making it into a Pye with the following Ingredients, *viz.* Take as much of Potatoes as there is Pork, pare them, and cut the Potatoes and Pork into ſmall Bits; ſeaſon it with Salt and Pepper, and lay it in a Pye-cruſt, putting Pieces of Butter at Bottom and on the Top of it; then as it is going to be put into the Oven, pour in ſome Water, and bake it moderately.———An excellent Way is to ſkin the Pork, and cutting it into flat Pieces, a Hand's Breadth, rub them over with Salt, Pepper, and grated Nutmeg; lay theſe in a Pan of Paſte, with minced Apples, Sugar, and white Wine, over which lay Bits of Butter, then cloſe up, and bake the Pye.

The Hertfordſhire (*or this Author's*) *Way of baking pickled Pork.*—This is much practiſed in my own Family, and many other Families in *Hertfordſhire*, as a valuable Piece of good Houſewifery; becauſe no Meat comes ſo cheap to the Farmer as pickled Pork, rightly managed, for preventing a Butcher's Bill, and is performed in two different Manners; one is, by baking a Piece of pickled Pork in an earthen Pan or Diſh, with a Pudding by its Side. The other is to lay a Piece of it ſingly a little hollowiſh on a Pan, with Apples or Potatoes under it. But in either Caſe, the Piece of fat pickled Pork ſhould be ſoaked and ſhifted in freſh Water ſeveral Times, for a Day or two before it is made uſe of, to leſſen the Sharpneſs of the Salt. This Diſh, if the Pork is cut or hack'd in the Skin, baked and eaten with Apple-ſauce or Potatoes, will prove ſo much like roaſted Pork, as hardly to be diſtinguiſhed from it. And thus by only changing the Form of dreſſing pickled Pork, a Family eats it with a good Appetite. Whereas if it is dreſſed always one Way, it is apt to cloy, and cauſe a Grumbling for having too often the ſame Food dreſſed in the ſame Manner. This and many other Receits plainly prove, that no one can be duly qualified to

write

write a Book on Country Houſewifery, unleſs he lives in the Country, and carries on the Farming Buſineſs, for then he has an Opportunity of writing from Experience. And if he is informed of (what is called) a ſerviceable Receit, he is then in a Way of being capacitated to judge whether he is impoſed on or not.

To make a Pork-pye to be eaten cold.—CUT the Meat from off a Loin of Pork into thin Pieces, and the ſame of Veal, both which muſt be beaten flat with a Cleaver. Then mix Salt, Pepper, minced Sage and Thyme, with ſome Yolks of Eggs, and put it amongſt the Meat. Next lay your Pieces of Pork in the Cruſt of a Pye, and on them lay Pieces of Veal, and ſo on, one after another, till your Coffin has its due Quantity, and bake it. When cold, fill it with melted Butter.

A Leg of Pork to boil.—BOIL a powder'd Leg of Pork; boil alſo a Handful of Sage, and mince it very ſmall. This done, put it into a little ſtrong Broth with Butter and Pepper. This muſt be mixed with ſome boiled Turnips, and ſome more melted Butter, and lay the ſame over or upon the Leg of Pork for being eaten with it.——A ſecond Way to boil a Leg of Pork is, firſt to ſtuff it with Parſley and Sage, and boil it with Cabbage; when the Cabbage is enough, chop it ſmall and mix it with melted Butter.

A Leg of Pork broiled, according to Rabiſha's *Receit.*—HE ſays, Take Part of the Fillet, ſkin it, and cut it into thin Collops, then hack them thinner with your Knife. Then take Sage and a little Thyme minced exceeding ſmall, with a little powder'd Pepper and Salt, and ſtrew it over them; then put them on the Gridiron, and when broiled on one Side, ſtrew the ſame on the other Side. This done, mix Muſtard, Vinegar and Sugar, with melted Butter.

How to roaſt Pork-Steaks.—CUT and hack the Steaks, then mince Suet with Sage, Spinage, Pepper, Salt, and Nutmeg, which ſtrew over the Stakes, and roll them up. Spit and roaſt them, and eat them with Sauce made of Muſtard, Butter, and Sugar.

To broil Pork Steaks.—THE beſt Steaks for this Purpoſe are thoſe cut off a Loin of Pork; after they are beat thin with the broad Part of a Cleaver, and ſtrewed over with a Mixture of Salt and Sage minced very ſmall, broil them on a Gridiron. When enough done, put over them Muſtard and Vinegar mixed with a little Sugar.—

A ſecond Way is, to make a Mixture of Sage, Parſley, and Thyme, chopt very ſmall, with Pepper and Crums of Bread; rub this over the Steaks, and broil them; then ſauce them with melted Butter, Vinegar, Shalot, Gravey, and Muſtard.

The Hertfordſhire *Way of roaſting Joints of Pork.*—SOME roaſt, or bake, or boil the Butt or Gammon Part of a Porker; if the Butt Piece is roaſted, ſome ſtuff it with Suet chopt very ſmall, Eggs, grated Bread, ſhred Sage, Salt, Onions, and Pepper. The ſame they do by the Chine, which alſo is very good ſtuffed and roaſted. But then theſe two Sorts ſhould not be too much ſalted. The hind and fore Loins are likewiſe excellent Meat when roaſted, and ſauced with a Mixture of Lemon-peel, Muſtard, Butter, and Sugar. When they are roaſted about a Quarter of an Hour, cut the Skin or hack it about an Inch broad.——Others take this Way to roaſt a Joint of Pork: Suppoſing it to be a Breaſt, they will take out the Bones in the Manner they do the Breaſt-part of Veniſon; and when it has been rubbed over with Salt, they will ſtrew over it minced Sage and Thyme, beaten Cloves, Mace, and Nutmeg. When theſe are well rubbed in, they will roll it with the Skin outward, then tie it about with a String, and put it on a Spit long-ways for roaſting, and give Gravey or Apple-ſauce to eat with it.

To ſalt a Piece of freſh Pork at once for boiling it directly.—TAKE ſix Ounces of common Salt, and mix it with a Quarter of an Ounce of Salt-petre finely beaten to Powder, which rub over all Parts of a Piece of Pork, whether it be a ſmall Leg or other Joint, for the Piece ſhould not be large for this Quantity of Salt. Then flower a Linen-cloth pretty much, and tie up the Meat cloſe in it, which when boiled will be as ſalt as if it had been ſalted ſome Days before. If you think fit, you may leave out the Salt-petre; but then you muſt make uſe of more of the common Salt.

A ſecond Way to ſalt a Piece of freſh Pork for boiling.—THIS is chiefly done, when Time will not permit for ſalting it regularly; therefore when Haſte requires it, the Water muſt boil before it is put in, then rub your Piece of Pork very well with common Salt, and boil it, and while it is boiling, you muſt put Salt into the Pot by Degrees, little by little, till the Water or Pot Liquor is well ſalted.

ſalted. Cover all cloſe, and the Heat will drive the Salt through the Meat, if the Piece is not too big.

To ſalt freſh Pork on the Spit.—To do this, boil Salt in Water to a ſtrong Brine. When the Pork is heated on the Spit, baſte it with this hot Brine by Degrees, and in a very little Time it will be ſalted enough, as you may know by the dry whitiſh ſalt Scum or Scurf that appears on the Meat; for by the Heat of the Fire, the Salt is made to enter the freſh Pork forthwith; and then you may baſte it in the uſual Manner.

The Hertfordſhire *Farmers Wives Way of dreſſing the Liver and the Crow of a Porker.*—THE Liver, the Crow, and the Sweet-bread, is the firſt Meat we dreſs of a Hog, for this Sort is fit for frying as ſoon as it is cut out; our Farmers Wives therefore make no more to do in dreſſing this, than to cut the Liver, the Crow, and the Sweet-Bread, in Pieces about two or three Inches ſquare, and fry them in the ſame Fat the Crow yields; and if they prove too thick ſhe cuts them thinner. When fry'd enough, it is eaten with Muſtard for an agreeable Dinner to a whole Family.——A ſecond Way to fry Liver and Crow is, to cut the Liver into ſhort thick Pieces, becauſe being ſhort and thick they will fry the tenderer, but the Sweet-bread and Crow rather long Ways, about the ſame Bigneſs; then ſoak the Pieces of Liver firſt in ſcalding Water, and while this is doing, make a Compoſition with Eggs, Water, Flower, Salt, ſhred Sage, Pepper, and grated Bread; in which dip all the Pieces of Meat, and fry them in Lard or Butter, over a quick Fire. For Sauce, melt Butter, and mix it with Sugar and Muſtard.

The Service that ſouced Pork is of to Farmers and other Families.—THE ſoucing of a Hog's Head, Feet, Ears, Hocks, Guts, *&c.* is of ſuch Importance to a Farmer's Family, that many ſet no little Value on this great Conveniency; becauſe ſuch ſouced Meat is not only the cheapeſt Sort, but is ready at a Minute's wanting it, to become a pleaſant, wholeſome, hearty Meal; either eaten cold from the Soucing-drink, or being cut into Pieces and fry'd. For theſe Reaſons it is, that moſt of the good Houſewives of Farmers who live about forty Miles from *London*, and ſo on Northward, commonly prepare and keep ſouced Pork by them (at Times) from about *Michaelmas* 'till *Lady-Day*; for that at this Seaſon of the Year the Weather is generally cold enough to agree with Soucing-

drink for preſerving Pork in Sweetneſs a Month or more together.

A Country Houſewife's Way to make her Soucing-drink, to preſerve Pork ſweet.—THIS Woman's Way was, as ſhe lived near a Town, to go to a neighbouring public Houſe, and aſk the Favour (when ſhe had not the Opportunity at Home) to have the Liberty of putting ſome Water over their Grains, after the ſtrong Beer was brewed off; for you muſt know, that moſt of theſe Publicans have not a full Vent for as much ſmall Beer as they could brew after their ſtrong, and therefore rather than pay Exciſe for ſmall Beer they are not ſure to ſell, which they leave the Grains in a hearty Condition, and conſequently ſeldom refuſe to give a Neighbour Leave to run ſome Water through them. Now it is this Water or Wort, that thus runs through the Grains, which is the proper Liquor to make Soucing-drink of, becauſe it is perfectly new, and free from the Fermentation of Yeaſt, for if Yeaſt were put into it, it would be improper for a Soucing-drink, as Yeaſt in boiling would riſe, and then the Fermentation would not only induce Staleneſs, but would give the Pork a diſagreeable Twang. When this is done, ſhe puts a Handful of Salt or more into about two Gallons of this Malt-liquor, and boils it; and, when it is cold, it is a Soucing-drink, fit for preſerving Pork ſweet in. Or you may boil ſome Bran in it. Or in Water you may boil ſome Bran and Salt for a Soucing-drink; but then the Bran muſt be ſtrained off through a Cullender, or better through a Hair-ſieve. But for a further Account of making Souce-drink, ſee what *William Rabiſha* ſays of it.

Rabiſha's *Way to make Soucing-drink.* — TAKE, ſays he, Beer brew'd on Purpoſe, then boil a Pan of Water, throw therein a Peck of wheaten Bran, and let it boil. Strain it through a Hair-ſieve, and throw in two Handfuls of Salt, ſo mix it with your Beer aforeſaid, and ſouce your Pork therein. You may alſo take half a Peck of fine Flower of Oatmeal, mix it with ſome Liquor, and run it through a Hair-ſieve, and it will cauſe your Souce to be white. Milk and Whey is uſed in this Caſe; but your Milk will not keep ſo long: you may put both in boiling thereof, it will cauſe it to boil white. Keep your Souce cloſe cover'd; and when it begins to ſour, you may renew it at your Pleaſure, with adding freſh Liquor.

To ſouce a Hog's Head, Feet, Chitterlins, and Hocks, &c.—Boil them till they are ſo tender that a Straw may be run through them, and when cold, put them into the cold Soucing-drink; but take care to ſcum off the Fat that in boiling will ſwim on the Top of the Liquor, and reſerve it to join a greater Quantity, to be try'd up or refined for after Uſes; as for frying of Pancakes, or for making Cruſt for Pyes, *&c.*

Harveſt-Men fed in various Manners. —In Wheat Harveſt Time, which commonly laſts about a Fortnight, our Men ſet out for the Field by four of the Clock in the Morning, and return Home about eight at Night. In *Lent* Grain Harveſt Time later in a Morning, and ſooner at Night, as the Days are ſhorter. In either, the Men generally eat five times a Day: At their firſt ſetting out, they eat a little Bread and Cheeſe or Apple-pye, with a Draught of ſmall Beer, or half a Pint of ſtrong each Man, in Part of his Quart for one Day: At eight o'Clock ſome ſend, for Breakfaſt, boiled Milk crumbled with Bread; others, Milk-porridge with Bread; others, Poſſet with Bread, and Bread and Cheeſe beſides, or inſtead of Bread and Cheeſe, Apple-paſty; others ſend into the Field, for Breakfaſt, haſhed or minced Meat left the Day before; others ſend it cold (as left) but haſhing or mincing is beſt, becauſe if it is a little tainted, it is thus taken off by a Mixture of ſhred Onions and Parſley, or with Butter and Vinegar, which reliſhes it, and makes it well ſuffice for a Breakfaſt, and now they drink only ſmall Beer. At Dinner Time, which ſhould be always at one o'Clock, the Victuals ſhould be in the Field; for it was the Saying of a notable Houſewife, that as the Men expected it at that Hour, if it was not brought accordingly, they would lag in their Work, and loſe Time in expecting it. Broad Beans and Bacon or Pork one Day, and Beef with Carrots, or Turnips, or Cabbage, or Cucumbers, or Potatoes, another Day, is, with Plumb-pudding in Wheat-Harveſt-Time, and Plain-pudding in *Lent* Harveſt, good Dinner Victuals. But this Method of victualling Harveſt-men is not a general Rule; for I know a Farmer that rents above a hundred a Year in *Hertfordſhire*, and employs half a ſcore Hands in Harveſt Time, who kept his Men almoſt a Week together on only fat Bacon and Pudding, and when at other Times his Wife dreſſed Beef for Dinner, ſhe ſeldom boiled it enough, on purpoſe to pre-

vent the Mens eating too much. Now the Fleſh of a new killed Porker, or that of a fatted old Ewe or weather Sheep, or of an old fatted Cow, comes in a right Time for ſaving the Expence of buying Meat at Market; the Dreſſing of which to the greateſt Advantage, I have, and ſhall further give an Account of by and bye. At four o'Clock in the Afternoon, is what we call Cheeſing-time, that is to ſay, a Time when the Men ſit on the Ground for half an Hour to eat Bread and Cheeſe with ſome Apple-paſty, and drink ſome ſtrong Beer; then to work again, and hold it till near Eight of the Clock at Night, when all leave off and come Home to Supper, where is prepared for them, Meſſes of new Milk crum'd with Bread, or Poſſet ſugar'd and crum'd with Bread, or fat Bacon or pickled Pork boiled hot with broad Beans; but although fat Bacon at Night is in common Uſe with ſome Farmers, with Roots or with Beans, yet others refuſe to make this Supper Victuals, becauſe it is apt to make Men ſick. No Matter, ſay ſome, we muſt give them that which cloys their Stomachs ſooneſt. But my Way is this: I allow them moſt Nights a Supper on hot Milk crum'd well with Bread, Apple-paſty, and Bread and Cheeſe if they will eat it. — Others ſometimes give Harveſt-men Wigs ſop'd in Ale for Supper, or a Seed Loaf or Cake cut in Pieces, done after the ſame Manner. —A Yeoman, Owner of a Farm worth a hundred a Year, of more than three Parts arable Land, who therefore employs about ten Harveſt-men, feeds them with freſh and ſalt Meat, which is chiefly that of his own providing, by fatting old Ewes or weather Sheep in Summer, for killing in Harveſt; but whether they be Ewes or Weathers, they are commonly thoſe that have loſt ſome of their Teeth by Age; and what of this Meat the Family does not eat while it is freſh, they make into Pyes or Paſties, ſo highly ſeaſoned with Pepper and Salt, that they will keep ſweet and ſound a Week or two, provided the Fly is kept off; but, beſides his killing ſuch an old Sheep now and then in Harveſt, he kills one or two Porkers, which his Family eats freſh as long as it laſts ſo, and ſalts the reſt: Theſe, with a Lot of Beef now and then from the Butcher's Shop, ſupplies his Harveſt People all the Harveſt-Time with freſh Meat, and for his ſalt Meat he has all the Year pickled Pork, or Bacon, or both by him, which proves a good Friend to his Pocket. — A ſmall Farmer, that employed

about

about four Harveſt-men, generally boiled Oatmeal in ſkim Milk for the Mens Breakfaſt, well crum'd with Bread, and as ſoon as they had eaten this, they had Pancakes to eat hot after it.—A great Farmer had a Meſs of hot Milk got ready for his Harveſt-men to eat as ſoon as they aroſe, and about eight o'Clock ſent them minced Meat, Bread and Cheeſe, and Paſty.—By this Method each Man is allowed a Quart of ſtrong Beer or Ale in a Day, and is fed five ſeveral Times, to ſupport him under his early and late hard Work in reaping, mowing, loading and unloading of Corn, Graſs, hoeing of Turnips, *&c.* and other Slavery; in any of which Caſes, a briſk Foreman (whom in Harveſt-time we call Lord) is a valuable Servant; for that on his diligent, careful, nimble Performance, depends in a great Meaſure the more Work of the reſt that follow him, becauſe his Pace is a Rule to all the Company: And it is for theſe, and other Reaſons, that ſuch a Foreman (who is generally the head Plowman) is better worth ten Pounds a Year Wages, than ſome of the more ignorant, ſlow, and careleſs Sort are half ten Pounds; for ſuch a right Workman, with us, is up firſt in Harveſt-time, blows his Horn to awake and get ready the reſt, leads them to their work, and has two Paces upon Occaſion, an ordinary and extraordinary one.—— Some alſo of our *Aylſbury-Vale* Houſewives feed their Harveſt-men with Rice-milk, and at other Times with Furmity.

The valuable Uſes of Cheeſe to Yeomen and Farmers Families in Harveſt-time.—THIS Family Article, I think, deſerves a Paragraph in my Book, becauſe Cheeſe is an indiſpenſable neceſſary Food in all Yeomens and Farmers Families throughout the Year, but moſt of all in Harveſt-time; for ſo great a Streſs is then laid on this Eatable, that every Day while the Harveſt laſts, the Men about four of the Clock in the Afternoon (as I have before obſerved) ſit down in the Field for about half an Hour, which they call *Cheeſing-time*, by reaſon that in this Space of Time they eat a Piece of Bread and Cheeſe, and commonly drink a Pint of ſtrong Beer or Ale each Man, in Part of a Quart which we allow them a Day; and this they punctually obſerve to do, eſpecially in Wheat Harveſt, becauſe at this Time they are obliged to work in Harveſt the hardeſt and longeſt, and therefore more than ordinarily covet this Sort of Refreſhment, as well to eaſe their

Backs

Backs from their ſtooping reaping Labour, as to refreſh their Bodies by thus eating and drinking. And as to the Management of this Cheeſe Diet, I have to obſerve, that ſome of our Farmers think it no loſt Time to ride to *Baldock-Fair*, which lies about five Miles from *Gaddeſden*, and is held on the 24th Day of *February*, there to buy *Leiceſter* or *Warwickſhire* Cheeſe for Harveſt and other Times, becauſe we imagine we buy it here much cheaper than at any Country Shops. But to ſave the Cheeſe-penny in another Shape, ſome Yeomen and Farmers are ſo frugal as to keep the thick ſtrong *Cheſhire* Cheeſe, as well as thin Cheeſe in their Houſes for uſing the *Cheſhire* at Supper, and the thin at other Times: Wherefore as Cheeſe is eat at almoſt every Meal in Harveſt-time, it concerns a Yeoman or Farmer to keep by them or buy old, and not new Cheeſe; for though new Cheeſe, perhaps, may be bought for a Half-penny or more a Pound leſs than old, yet ſome Sort of it will go away near as ſoon again as old.

To make Harveſt Poſſet, the Hertfordſhire *Way.*—This is very commonly done for Supper, and but ſeldom for Breakfaſt; becauſe, for the latter, we ſend into the Field either Broth made from Yeſterday's Meat crum'd with Bread, or Milk-porridge with Bread; but for Supper, we often give the Harveſt-men a Poſſet crum'd with Bread, made in this plain Manner: The Maid-ſervant boils new Milk, and when it is ſo done, ſhe puts about a Pint of it into each Man's wooden Diſh, and immediately adds a quarter of a Pint of ſtale ſtrong Beer, ſome coarſe Sugar and crumbled Bread, which turns the Milk into a Poſſet, and gives the Men a palatable Supper; but if our Country Houſewife has a Mind to make a better Poſſet ſhe may:—Take a Quart of new Milk, and mix it with a Pint of Ale, the Yolks of eight Eggs, and the Whites of four, which when beaten muſt be put in the Milk and Ale; then add ſome Sugar and Nutmeg, and ſtir it all the while it is on the Fire till it is thick (but it muſt not boil) and it's done for eating; but if you will have the Poſſet richer, uſe Cream inſtead of Milk. Or to make a Sack-poſſet:—Take a Quart of Milk or Cream, boil it with Sugar, Mace, and Nutmeg; then take half a Pint of Sack, and half a Pint of Ale, and boil theſe well together with Sugar; then put your Milk or Cream to your Sack and Ale in a Baſon, cover it with a hot Diſh,

Diſh, and ſet it two or three Hours by a Fire before you eat it. Or you may bake a Sack-poſſet thus:—Beat eight Eggs, and ſtrain them into a Quart of Milk or Cream, ſeaſon them with Nutmeg and Sugar, then put to them a Pint of Sack, ſtir them together and put them into a Baſon, and ſet it in the Oven no hotter than for a Cuſtard; let it ſtand two Hours.—Or, grate three Penny Naples-Biſkets, and boil them with Nutmeg and Sugar in a Quart of Milk or Cream; then warm a Pint of Sack and put it into a Baſon, and on that pour your boiled Cream by a high Fall, when after a little time ſtanding it may be eaten. But for an ordinary Sack-poſſet——Sir *Kenelm Digby* ſays, boil a Pint of Milk, and as ſoon as it boils take it off, and let it cool a little, for by ſo doing, ſays he, the Curd will be the tenderer; then pour it into a Pot, wherein are two Spoonfuls of Sack and four of Ale, ſugar it, and let it ſtand by a Fire-ſide till you eat it.

To make Wigs for Harveſt-men the Hertfordſhire *Way.*—Our Way is to make uſe of no Butter, becauſe we cannot well ſpare it from Market; and therefore we uſe only a little Cream put among new Milk, which ſerves inſtead of Butter; neither do we uſe any Eggs, becauſe this is rather too coſtly, wherefore we mix only the warm Milk with ſome Flower, Ale, Yeaſt, Carraway-ſeed, Sugar and Salt, and knead it into a Paſte or Dough, which, after it has ſtood to ferment and riſe, we make into Wigs, without colouring them with Yolks of Eggs, as the uſual Way is; neither do we put them into Tin Pins, but ſet them on a Peal, and lay them to bake at the Oven's Mouth (as we do our common Dough-cakes) for about half an Hour; and this we generally do about ſix o'Clock in the Evening, that they may be hot againſt the Men come home to Supper from reaping, when we toſs one of theſe large Wigs to each Man for his dipping it in a Bowl of Ale, which ſerves for an agreeable cooling Supper with Cheeſe or other Things. Thus, as we think theſe Sort of plain Wigs are a cheap and pleaſant Food to our Workmen, our frugal Houſewives generally make ſome of them twice a Week, ſometimes alone, and ſometimes they bake them when they bake Bread; ſo that the Farm-houſe is ſeldom without ſome of theſe Wigs, or Seed or Plumb Cake all Harveſt; for the making of which I ſhall give Directions by and bye, after I have ſhewed our Houſewives to make richer Wigs, if they think fit.

—Take

—Take half a Peck of Flower, and mix it with an Egg-ſhell full of Carraway Seeds, and half a Pound of Sugar; then melt twelve Ounces of Butter in a Pint of warm Milk, and with three Parts of a Pint of Ale-Yeaſt knead all together into a Paſte, and after it has lain to ferment and ſwell, make it into Wigs and bake them.—Or, Take three Quarters of a Pound of Butter, and mix it with a Pottle of fine Flower, and half a Pound of Sugar, Nutmeg, Mace, and grated Ginger, four beaten Eggs and half a Pint of Ale Yeaſt, with a litle Canary, if you pleaſe: Theſe mix with a little warm Milk, and knead the whole into a light Dough, to ſtand about half an Hour before a Fire to ferment and ſwell; then juſt before they go into the Oven, waſh the Wigs over with beaten Yolks of Eggs; if the Oven is quick in Fire, they will be baked in half an Hour on Tin Plates.

A common Country Baker's Way of making Wigs.—This Baker lived about a Day's Journey from *London*, in the *Dunſtable* Road, where he made Wigs as well as Loaves of Bread for Sale: Now it was this Baker's Method to uſe Milk-porridge as one of his chief Ingredients in the making of Wigs (ſaying, he thought it help'd to make them whiter, hollower, ſweeter, and more ſubſtantial, than when Milk only is employed for this Purpoſe) with Flower, Ale-yeaſt, ſome Sugar, and Carraway-ſeeds; but you muſt know that the Milk-porridge he thus made uſe of, was from the fineſt of Oatmeal, as it came from *Braetch-Mill* at *Luton* in *Bedfordſhire*, where it was ground almoſt as fine as Flower.

To make a Hertfordſhire *Seed-cake for Harveſt-men.*—This Cake is made much after the ſame Manner as Wigs are made, by ſtirring Flower, Yeaſt, Milk mix'd with ſome Cream, Sugar, and Carraway-ſeeds, which, after being kneaded and fermented, is baked in a round, deep, earthen or tin Pan, on a Hearth, or at the Oven's Mouth, and ſerves for Beaver Victuals upon a Change; that is to ſay, it is ſent into the Field about four of the Clock in the Afternoon with ſome Cheeſe, for the Harveſt-men to eat this Cake dry with, or to dip it in Ale; and ſometimes it ſerves for Supper Victuals, as alſo for entertaining a Neighbour or Stranger with a Cup of Ale; ſo that a good houſewifely Farmer's Wife is ſeldom without this Cake or Wig, or Plumb-cake, eſpecially in Harveſt-time, and thinks this Seed-cake good enough

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for theſe Purpoſes without Eggs or Butter, though ſome of the abler Sort add Hogs-lard or Butter for making it better. In either Form it is a very agreeable Repaſt, when every Harveſt-man is allowed a wooden Diſh of Ale to ſop a Piece of this in, as a cooling Beaver or Supper, after hard Labour in hot Weather. Others of our Country Houſewives make uſe of a Tin Hoop, and laying doubled brown Paper at the Bottom of it well flower'd they put the Paſte into it, and when it is out of the Oven they unſcrew a Pin, and the Hoop parts free of the Cake. But, for a Choice of better Sort of Seed-cakes, take the following Accounts how to make them.

To make a good Seed-cake.—WORK two Pounds and a half of fine Flower, with a Pound and half of freſh Butter, ſeven Eggs, a Tea-cup full of Cream, and three Spoonfuls of Ale-yeaſt, into a Paſte, which ſet by a Fire-ſide to ferment and riſe; then work in a Quarter of a Pound of Carraway Comfits; an Hour or thereabouts bakes it in a butter'd Tin Hoop. Or—Mix three grated Nutmegs with ſome beaten Mace, and put it to half a Peck of Flower; then take two Pounds of freſh Butter, and melt it with two Quarts of hot Cream, andwhen cooled, mix it with a Pint of Yeaſt, and a Pound and half of Carraway-ſeeds, and ſome chopt Orange or Lemon Peel; knead the whole into a thin Paſte juſt before it goes into the Oven, and bake it in leſs than an Hour's Time: Some add a little Sack.

A Hertfordſhire *Spice-loaf for Harveſt.* — THIS Loaf is made with Wheat-flower in the Shape of a common Loaf, and for a large Family in the Bigneſs of half a Peck one: It muſt have more Yeaſt work'd into the Flower than is allowed for a Houſhold-Bread Loaf, becauſe it muſt be hollowiſh and ſpungy, ſomewhat of the Wig kind; then melt Butter, and knead it into Dough with Sugar and Carraway-ſeeds, and bake it not quite ſo long as Bread is. This Seed Loaf, like Seed Cake, is to be eaten dry, or in Slices dip'd and ſop'd in Ale for Beaver or Supper, or with Cheeſe or ſpread Butter.

A Hertfordſhire *Plumb-cake for Harveſt.*—THIS Cake is made with a Quart of Flower, a Quartern of Currants, or half a Pound of *Smyrna* Raiſins (for we reckon that Currants go as far again as theſe Plumbs in a Pudding or Cake) a Quartern of Sugar, four Spoonfuls of Yeaſt, ſome warm Milk made better by the Addition of a little Cream,

Cream, grated Nutmeg, and ſome Carraway-ſeeds; mix and knead theſe into a Paſte, and after it has lain to riſe and ferment, make it into a Cake and bake it at the Oven's Mouth, when Bread is baked: Such a Cake ſome Farmers Wives bake twice a Week, to have one of them conſtantly by them during the Harveſt; not only to give the Harveſt-men now and then a Slice, but is alſo a Sort of Entertainment for a neighbouring Viſiter, as being a ready Bit with Cheeſe and a Mug of Ale, without Butter, becauſe, as I ſaid, this muſt go to Market; about half an Hour bakes it. But how to make richer Plumb Cake, the following Receit will ſhew.

To make a good Currant or Plumb Cake.—You may with half a Peck of Flower mix one Pound of melted Butter, two Pounds and a half of Currants, a little Salt, ſome powder'd Cinnamon, Cloves, and Nutmeg, half a Pound of white Sugar, Roſe-water and Ale-yeaſt; work the Whole well till it ſwells in working, and bake it in a Tin Hoop; if you will you may add Sack. Or—Mix four Pounds of Flower with twelve Eggs, a Quarter of a Pint of Cream, a Pound and half of Butter, and two powder'd Nutmegs; mix the Butter cold, and do not waſh but rub the Currants dry; to theſe add two Pounds of Loaf-Sugar, half a Gill of Sack, and ſome Roſe-water; knead it well, and bake it half an Hour.—Or rub half a Pound of Butter into half a Peck of Flower; this done, boil half a Pound of Butter with Cream, let it be luke-warm; then mix with it powder'd Mace, Nutmegs, and half a Pound of fine Sugar: The whole being mingled together, put to it half a Pint of Ale-yeaſt, four or five Eggs, or half a Pint of Sack, and one Pound of Currants; this being kneaded, let it lie by a Fire-ſide till it riſes, and bake it in a Tin Hoop. But if any one wants to make a richer Plumb-cake than any of theſe, he may—Mix ſix Pounds of Currants with ſeven Pounds of Flower, powder'd Cloves, Mace, and Cinnamon, candied Lemon-peel, a Quart of Ale-yeaſt, Whites of Eggs, and a Pound of Butter melted in a Quart of Cream, with two Pounds of Sugar.

The Benefits of ſaving the Fat of boiled, roaſted, or baked Meats.

THIS I take to be one of the beſt Pieces of Houſewifery belonging to a Farmer's, Yeoman's, or Gentleman's Family; becauſe it is in a large Family attended with conſiderable Profit, when Bacon or pickled Pork, ſalt Beef, or any Sort of freſh Meat is boiled, roaſted or baked, and the Fat is in Quantity enough to be ſcum'd off and ſaved: Wherefore ſhe that does not this, but ſuffers ſuch Fat with the Pot-liquor to be given to Hogs or Dogs, is a ſorry Houſewife indeed; and yet as great a Fault as this is, there are too many guilty of it.—Or, if they give themſelves the Trouble of ſcumming and ſaving it once, ſome of the worſer Sort are apt to neglect it twice; but a good Houſewife will be ſure to let little or none of ſuch Fat be ſpoiled, becauſe a Mixture of ſuch Fats will, if not uſed at Home, ſell to the Tallow-chandler for Two-pence Half-penny or Three-pence a Pound: But when the Fat of roaſted or baked Meats is ſaved and try'd up, that is to ſay, when it is boil'd, ſcum'd, and after it is ſettled cold in a glazed earthen Pot, and the Jelly Droſs taken from the pure hard Fat, it will then keep ſeveral Months ſound and ſweet, fit to make good Pye-cruſt, fry Pancakes, and be otherwiſe very ſerviceable in the Kitchen. And the clearer the Fat is poured off from its watry dreggy Parts, the longer it keeps ſound; and for its better coming out of ſuch a glazed Pot, it ſhould be juſt rinced with Water as the Fat goes into it: Others, when the Fat is cold, pour half a Pint or more of cold Water on its Top, for that by this the Fat will the eaſier come looſely out, and if ſhifted now and then with freſh Water, it will be preſerved ſweet ſome Time. The Fats from only boiled Bacon or pickled Pork are ſoft Fats of the worſer Sort, yet may ſerve, when try'd up to fry Pancakes, or make ordinary Pye-cruſt for Farmers Servants and poor Mens Families; but theſe are improved when try'd up with the Fat of ſalt Beef, or freſh roaſted, baked, or boiled Meats; however, at worſt, theſe Fats will ſerve for greaſing Cart-wheels, preſerving White-leather Harneſs, and making Candles for country Villages, &c.

Of

Of ſaving the beſt Fat of a Porker or Bacon Hog.

HOW we try or dry up the pure fat Part of a Porker or Bacon Hog, which we call Lard or Seam.—In a Day or two after the Hog is killed, we generally try or dry up the Fat of it, and begin with tearing off the ſkinny Part of the Flair, and cutting off the coarſe Ends of it, for then there will remain nothing but the pure lardy fat Part. This we cut into Bits a little bigger than Dice, and put them into a metal Pot, to heat over a gentle Fire to melt by Degrees; and as it melts we take it off the Fire, and thus we ſerve it ſeveral times, to drain away the Fat through a pewter or earthen Cullender, by keeping back the groſs Part with a braſs or other Ladle; and when the remaining Fat becomes ſomewhat dryiſh, we put the Whole into a Cullender, to ſqueeze out the liquid Part, and thus renew the melting and ſqueezing ſeveral times, till no more Fat can be forced out. A good Houſe-wife commonly lets a ſprig (two or three) of Roſemary be amongſt the Fat in melting, for giving the Lard an agreeable Flavour.

How we try or dry up the offald fat Part of a Porker or Bacon Hog.—What I call the offald Part of a Hog is, firſt, the Kell or Caul; ſecondly, the Ends of the Flair; thirdly, the Fat of the Guts. If the Caul be that of a Porker, it is but ſmall enough to put over and cover the Haſlet, that is to be roaſted or baked, for preventing the lean Meat being ſcorched or dried too much, and for keeping the Herbs in their Place: But if it is that of a Bacon Hog, the Caul is generally large enough to uſe Part of it for this Purpoſe, and Part to melt or dry up for keeping Fat. Or if none of it is employed this Way, the Whole is cut into little Bits and melted down. Secondly, As the Ends of the Flair conſiſt of a coarſe bloody Fat, we generally cut them off from the better Fat, and melt them with the Caul Fat. And, thirdly, We do the ſame with the thickeſt End of the Belly-piece of a large Porker, or Bacon Hog; with this Difference, that as this Fat is of a kernelly and harder Nature than the other two Sorts, we cut it ſmaller. This done, we melt theſe laſt three Fats in a Pot or Kettle, over a gentle Fire, and as it melts we ſqueeze and preſs it out thro' a Cullen-

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der by Degrees, till nothing is left but the dry dreggy Part, which we call Crinklings, that are commonly eaten by our Plowmen and other Servants, with only a little Salt ſtrew'd over them. Now theſe three offald Sorts of Fat, ſo melted together, we keep in a glazed earthen Pot, by itſelf, for preſent Occaſions, to fry Pancakes, make Pye-cruſt, and uſing it on ſome other culinary Accounts, becauſe this Sort of Fat will not keep ſo long ſweet, nor is it ſo white and palatable as the more pure flair fat Part is; but as to the Gut Fat, we generally melt it by itſelf, and ſave it for greaſing our Waggon and Cart Wheels, for if this was melted with better Fat, it would taint it, becauſe it retains the ſtrong Scent of the dungy Guts.

How to preſerve Hogſlard or Seam freſh. — As I ſaid, we ſeldom do any thing elſe, for preſerving our Lard ſweet, than to boil it with a little Roſemary, and ſqueeze out the pure from the groſs Part: But there is an old Receit, that ſays, to preſerve Lard ſweet and freſh for ſome Time, it ſhould be boiled up with a little old Verjuice, till all the Verjuice is waſted in boiling; then put it into a glazed earthen Pot, or into a Hog's Bladder, and keep it in a dry Place, and it will remain untainted from Muſtineſs, or any other ill Scent, ſome Years; for if Lard is kept in a damp Cellar it will grow rank, and if too much in the Sun, the ſame: Therefore keep it in a dry Room. Others, inſtead of Roſemary, boil a few Bay Leaves among the Lard, to give it an agreeable Flavour. A Pint of Verjuice is but enough to boil with ſix Pounds of Lard, till it is waſted, according to the Opinion of ſome, but I think a leſſer Quantity of that Liquor may ſerve. Moſt of the Hogſlard that is ſold in *London*, is ſent out of the Country in Hogs Bladders, becauſe it is the lighteſt, ſafeſt, and cheapeſt Carriage, elſe it would be ſent in glazed earthen Pots.

Of making Sauſages.

HOW to prepare Guts or Skins for filling them to make Sauſages.—SAUSAGES are generally made with Sheeps Guts, and to prepare them right is the chiefeſt Part of the Buſineſs: Many Authors have wrote on

making Sauſages, but not one of them has told his Readers how to prepare Skins for them; which Deficiency I here undertake to ſupply, by giving a plain Account of it, as it is now in Practice.—Take the freſh Guts of a Sheep, and cut them into Fathom or ſix Foot long Pieces; one Parcel of Guts will cut into ſix or eight ſuch Pieces; ſtroke the Dung out, and put them into Water juſt to wet them, then turn them inſide-out, by the Help of a Stick; waſh them, and ſcrape a Piece at a Time as it lies on a Table, with the Back of a Knife drawn along the inſide Skin thus turned outwards, and it will come off in two or three Times ſcraping, and without breaking the Gut, if it be rightly done; and in the ſame Manner, the outward Skin with ſcraping will come off at the End of the Gut; then there will only remain the middle Skin, that will appear about the Bigneſs of a Wheat Straw. And when all the Pieces of the Guts are thus ſcraped, cleaned, and prepared, put them into Water made juſt lukewarm, for if it is too hot, they are all ſpoiled. Now in this lukewarm Water the Guts muſt be waſhed clean; then put them into a glazed earthen Pot, with Salt enough ſtrewed over them, and they will keep ſweet as long as you pleaſe. And that the Skins may appear truly fine and clear, put one End to your Mouth and blow it, and then you may eaſily perceive whether the Gut is entirely free of all outward Skin or Fur; for if it is not, it muſt be preſently taken off.

How to prepare Pork Meat for making it into Sauſages.—THE next Thing is to prepare the Meat for filling the Skins with it: For this Purpoſe, a fine Hind Loin of Pork is the beſt Part of a Hog, though ſome make uſe of a Fore Loin, but the former exceeds; yet there is a Profit to be made ſometimes of a Fore Loin, which cannot be done with the Hind Loin, and that is, when Sauſages are made in a Town where Gentry live, they ſometimes beſpeak and buy the Bones of a Fore Loin to broil, and then there is the more Meat left on them, becauſe for theſe they generally give an extraordinary Price, as the ſweeteſt Meat lies next to the Bones, and eat ſomewhat like that of a Spare-rib; otherwiſe the Fleſh is cut quite off from the Bones, as clean as can be well done. The Meat, thus taken off the Bones, muſt be cut into little Bits, and chopt as ſmall as poſſible, till a whole Bit cannot be found in it bigger than a Pea free of its Skin,

Skin, for the Skin muſt be firſt taken off the Loin; and while it is chopping, four or five Spoonfuls of Water muſt be now and then mix'd among the Meat, for this will cauſe it to chop the better, increaſe its Gravey, make the Sauſages eat the more pleaſant, and if they are to be ſold, will add to their Weight. A Secret never yet imparted by any Author whatſoever, in the exact Method this is done; and is of ſuch Importance, as occaſioned a Perſon to give out ſelling Sauſages, merely for want of knowing this Piece of good Management.

How a Perſon ſet up to ſell Sauſages in a Market Town in Bedfordſhire, *and broke for want of knowing how to make them in a right Manner.*—ONE, that was a thorough Maſter of this Buſineſs in this Town, made great Quantities of Sauſages, which he not only ſold in the Market Town he lived in, but carry'd many to other Places for publick Sale; and as he ſold theſe, with Pyes, and Tarts, and other Paſtry Ware, he got Money apace, and lived in ſuch a Manner, as tempted one of his Neighbours to endeavour the ſame. Accordingly this Perſon began to make Sauſages, but not knowing how to mix Water with the Meat in chopping, ſoon gave over his new Employ, becauſe his Sauſages eat dryer, harſher, and were not near ſo good as the old Sandard's were. There are indeed many Receits how to make Sauſages: One in particular ſays—The Fillet Part of a young Hog chopt very ſmall, and mixt in the Proportion of half a Pound of Fat to two Pounds of Lean, ſeaſon'd with Pepper, Salt, and Nutmeg, and grated Bread added to it, will make Sauſages, if the Meat is ſtuffed into the Guts, with Salt and Water; but no Mention is made of what Sort of Guts, nor how they are to be prepared, nor how to mix the Water with the Meat in chopping, and therefore is an imperfect one, for Meat cannot be chopt full ſmall without watering it in chopping, and if it be beat much to ſupply watering, the Meat will be dryer and eat worſe.

How to make compleat Sauſages for Sale, or for a private Family. —— THE Meat being prepared as before mentioned, as it lies on the chopping Block, we grate white Bread as ſmall as poſſible, and ſprinkle over it; which, when mixed, hollows the Meat, makes it go the further, weighs more, and makes the Sauſages eat the pleaſanter. Half a Pound of ſuch grated Bread is enough

for one Loin of Pork; then beat Black Pepper and *Jamaica* Pepper, as much of the one as the other, and mix them with Salt, which ſprinkle over the Meat and Bread, and mix them well with the chopping Knife: Then chop green Sage very ſmall, and mix this likewiſe with the Meat, though ſome dry it and rub its Powder in, but in this Manner the Sage is apt to loſe ſome of its Virtue; therefore Sage is kept dry in its Leaves in Winter, and chopt as the green Sage is, by which Means the Sage will make an agreeable green ſpotted Appearance through the Gut when filled. The Maſs of Meat being thus all got ready, take an Inſtrument, which we call a Tin Fill-Bowl, made hollow and in the Shape of a Syringe, only wider at Top and narrower at Bottom, about four Inches in Length, an Inch and half wide at Top, and three Quarters of an Inch wide at Bottom. This being filled with the chopt Meat, and the little End put into the Gut, the Meat is forced into it by a Finger puſhing it down; and when a Pound of it is thruſt thus into a Fathom-long Piece of Gut, and made all alike round, at every ſix Inches in Length a Link is twiſted off, and a Sauſage compleated.—Thus, Sauſages may be made in a good and cheap Manner for a Gentleman's, Yeoman's, and Farmer's Family, clear of that extraordinary Expence that ſome Receits may lead People into; as when White-wine, Eggs, Oiſters, and other chargeable Ingredients are made uſe of: Therefore, thoſe Receits that direct the making of Sauſages in a plain, palatable, and wholeſome Way, muſt be the beſt for a private Family's Uſe, as this which directs—To chop a Leg of Pork very ſmall, and mix it with a ſufficient Quantity of Hog's hard Fat, ſome *Jamaica* Pepper, Black Pepper, Salt, Marjoram, and Sage, all cut and minced ſmall, which being put into Sheeps or Hogs Guts, makes Sauſages.

To make Sauſages as good as thoſe from Bologna, *according to the Receit in* The Way to get Wealth.—Take, ſays this Author, the Fillets of young Porkers, three Parts lean, and one Fat, to the Weight of five and twenty Pounds; ſeaſon it well in the ſmall ſhredding, and beat it in a Mortar with Pepper and Salt, a little grated Nutmeg, and a Pint of White-wine mixt with a Pint of Hog's Blood; then ſtir and beat it all together, till it is very ſmall; add a few ſweet Herbs, chopt ſmall and bruiſed,

bruiſed, as Pennyroyal, Sweet Marjoram, and Winter Savory; then with a Whalebone Bow open the Mouths of the Guts you are to fill with this Meat, and thruſt it leiſurely down with a clean Napkin, leſt, forcing it with your Hands, you break the Gut. Make Diviſions of what Length you think convenient, tying them with fine Thread, and dry them in the Air two or three Days if it be clear and the Wind briſk, then hang them in Rows at a little Diſtance one from the other in your Smoak Loft, and when they are well dried, rub off the Duſt they have contracted with a clean Cloth; anoint them over with ſweet Oil, and cover them with a dry earthen Veſſel, and, either roaſted or boiled, they will equal thoſe ſo much boaſted of from this City in *Italy*.—Or make uſe of the Gammon Part of a Bacon Hog, which ſhred ſmall with a like Quantity of Lard and ſweet Herbs as above; work it with Red-wine and the Yolks of Eggs, till it becomes a Paſte fit to be put into Skins, ſo that the Sauſages ought to be as thick as a Child's Wriſt; then hang them up in a Chimney, and when ſufficiently dried, they are ready to be eaten with Vinegar and Oil.—But to make theſe *Bologna* Sauſages keep long, mix as much Fat as Lean of a Porker, and then add to it Cloves, Pepper, Mace, Salt, Parſley, and Sage, all ſhred ſmall into a Paſte, and fill the biggeſt Guts of a Sheep, or inſtead thereof the Guts of an Ox; then hang the Sauſages in a dry Place not too near the Fire, and they will keep a Twelve-month round; their uſual Size is a Foot long, and ſhould be boiled juſt before eating.—Or *Bologna* Sauſages may be made with the Lean of Beef, whereof the Buttock Part is beſt, and if chopt with ſome Bacon Fat, and ſome Beef Suet, with Pepper, Cloves, Mace, and a little Salt-petre and Bay-ſalt, into a Paſte Conſiſtence, it will be fit to fill large Skins with; ſome add the Powder of a few dried Bay Leaves: then dry them in or near a Chimney.

To make Sauſages without Skins.—TAKE the Leg of a young Porker, and cut all the Lean free of Skin and Strings; then take two Pound of Beef Suet, and ſhred it ſmall; this done, chop Sage and Onion, and mix them with Pepper, Salt, and Nutmeg; all which Ingredients muſt be cut and minced ſmall, and when minced ſmall enough, add the Yolks of two or three Eggs, and make the Compoſt into a Paſte: Now this Paſte may be

kept ſweet a Fortnight, and when uſed, it muſt be cut into the Shape of Sauſages and fry'd.—Or take the Receit with this Variation; make uſe of a Leg of Pork of a ſmall Size, two Pounds of Suet from an Ox, two Handfuls of Sage, the Crumb of a two-penny Loaf grated, Salt and Pepper to your Taſte, and chop all pretty ſmall together; but, in the firſt Place, be ſure to cut out all Skin and Griſtles, and when all is well mixed together, knead them into a Paſte pretty ſtiff with the Yolks of two or three Eggs, and roll it (when you are ready to uſe it) into the Shape of Sauſages, and fry them.

How to preſerve naked Sauſages.—To make Sauſages for keeping them ſweet and ſound ſome Time, mix the Meat pretty high with Pepper, Salt and Herbs, as before directed, then preſs it down in a glazed earthen Pot very cloſe, and they will keep, if ſeaſon'd enough, almoſt half a Winter good. And when ſuch potted down Meat is to be uſed, take ſome of it out, roll it in Flower in the Shape of Sauſages, and fry them, or broil them: This is the moſt in Practice amongſt Farmers for their Family Uſes.

How to preſerve Sauſages in Links. — If Sauſages in Links are to be kept ſome Time, they may be ſo done, by laying them in a glazed Pot, and when they are all placed in it, then pour on them ſalt Water. This Method is obſerved in particular by thoſe who make and ſell Sauſages for their Livelihood, becauſe if they cannot ſell them quickly, they preſerve them this Way; whereby the Sauſages may not loſe any Thing of their Weight.—Another Receit ſays, make uſe of double the Weight of Fat to the Lean of Pork, and mix with four Pounds Weight of this Meat a Nutmeg in Powder, and as much Cloves and Mace as the Nutmeg, with Pepper and Salt; then chop a Handful of Sage, a ſmall Parcel of Thyme, and mix the whole with a Handful of grated Bread, all mixed very ſmall, and put into Skins. Thus far the Receits are pretty well; but here is no Mention made how to chop the Meat with Water, how to prepare the Skins, nor how to fill them, *&c. &c.*

To make Sauſages by an old Receit.—It ſays, take the largeſt Chine of Pork, and firſt with your Knife cut the Lean thereof into Slices, and ſpread it over the Bottom of a Diſh; then take the Fat of the Chine, and cut it in the very ſame Manner, and ſpread it upon the Lean; then

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cut more Lean, and ſpread it upon the Fat; and thus lay one Lean upon another Fat, till your Quantity of Pork is ſhred, obſerving to begin and end with the Lean; then with a ſharp Knife cut it through and through divers Ways, and mix it all well together; then take Store of Sage, and ſhred it exceeding ſmall, and mix it with the Fleſh; then give it a good Seaſoning of Pepper and Salt, take the Guts made as long as poſſible, and not cut in Pieces as for Puddings, firſt blow them well to make the Meat ſlip, and fill them; which done, take Thread, and with it divide them into ſeveral Links as you pleaſe, then hang them up in the Corner of ſome Chimney clean ſwept, where they may take the Air of the Fire, and let them dry there at leaſt four Days before any be eaten; and when they are ſerved up, let them be either fry'd or broiled on a Gridiron, or elſe roaſted about a Capon.

Rabiſha's *Receit to make Sauſages of Pork, or with the Fleſh of a Fowl or Rabbit.*—TAKE Pork, but not as much Fat as Lean, mince them exceeding ſmall together; then take Part of the Flair of Pork in Bits about the Bigneſs of the Top of a Finger, ſeaſon it with minced Sage, good Store of Pepper and Salt, ſome Cloves and Mace; then take ſmall Sheeps Guts and cleanſe them, ſo fill them with your Funnel, always putting ſome of the Pieces of Flair between the minced; you may ſprinkle a little Wine on the Top of your Sauſage Meat, and it will fill the better. I have made (ſays he) rich Sauſages of Capons and Rabbits Fleſh, and could ſhew a Receit for it; but allow, that no Fleſh eats ſo ſavoury in a Sauſage as Pork, by reaſon Sage and Pepper are not ſo ſuitable to the other two Sorts. Tie up the Sauſages in Links, and keep them for Uſe.

Of making Black and White Hogs Puddings.

HOW to prepare Skins for filling them to make Black Hogs Puddings.—To prepare theſe in a pure ſweet houſewifely Manner, the Guts of a Barrow Hog ſhould be extraordinarily well cleanſed; for which Purpoſe, one Perſon ſhould hold open a Gut, while another by a Funnel

pours Water into it, for driving and waſhing out all the Dung, and is what muſt be nicely done, till the Gut is clean emptied, and diſcharged of all the Filth; then we turn it inſide-out, and waſh it thoroughly two or three Times; at laſt we ſcour all the Guts well with Salt, and put them into a Tub of cold Water, where they are to lie twelve Hours, and then this firſt Water is to be thrown away, and freſh put in its room, and ſo on every twelve Hours, for three or four Days together; or better, if it be ſo done a whole Week.

How to prepare Meat for filling Skins with it to make Black Hogs Puddings.—As ſoon as the Hog is ſtuck by the Butcher, the Blood ſhould be catched in a glazed earthen Pot, ſome Salt firſt put into it, and ſtirred about all the while with a wooden Paddle. When you have thus got the Blood, the Salt will preſerve it ſweet without clotting a Week together in Winter; then get ready a Compoſition of Meat for filling your prepared Hogs Guts with it. And to do it, boil whole Oatmeal, or what we call Grouts, in Water only, a wallop or two, and immediately take it off the Fire, for emptying both Oatmeal and Water into an earthen glazed Pot or Pan, wherein ſome Salt is firſt put; here let it lie all Night to harden; next Morning mix as much Blood with the Oatmeal as will colour it, and add to it ſome crumbled Bread, Pennyroyal, and Onion cut ſmall, with ſome chopt Bits of Hogs hard Fat. Theſe being all well mixed together, begin to fill a Gut a Yard long, with the ſame Tin Fill-Bowl Inſtrument that you did the Sauſages with, and when it is about three Parts filled, and ſqueezed all of a Thickneſs, tie each Gut ſo filled at each End with Thrum-thread; and while Water is boiling, put theſe Puddings into it, and boil them till they become dark colour'd and tender, which will be in about an Hour's Time; then take them out of the Water, and while they are hot, twiſt them into Links, ready to be dreſſed, by either broiling or frying them.—Thus Black Hogs Puddings may be made in the very beſt houſewifely Manner for Cheapneſs, and yet good enough for a Farmer's Family, or for Sale: Not but that there are ſeveral other Ways to make Black Hogs Puddings, according to different Receits. One whereof ſays — Grind Oatmeal a little, and add to every Quart of it the Inſide of a half-penny Loaf grated, both which Ingredients are to lie ſoaking

in

in Milk twelve Hours, and after that twelve Hours more in warm'd Hog's Blood; then mix chopt Fat with Pennyroyal and Winter Savory, and ſtir the whole together with ſprinkled Salt. The Meat thus made, it ſays, Guts are to be filled with it, and when tied up in Lengths, they muſt be boiled and hung up near a Chimney to dry.—Another ſays, boil a Haſlet in about five Gallons of Water till tender, then ſtrain out the Liquor, and while it is boiling, put in a Peck of whole Oatmeal, which is to boil but fifteen Minutes: Then let the Grouts and Water ſtand cover'd in a Pot about ſix Hours, and with half the Oatmeal mix Thyme, Pennyroyal, Parſley, Cloves, Mace, and Salt, all minced ſmall with a Quart of Hogs Blood and ſome Hogs Fat of the Flair cut into Dice Bits; which put into the Guts, till every Gut is three Parts of it filled, and then put the Puddings into boiling Water to boil thirty Minutes, pricking them now and then to prevent their burſting; when boiled, lay them on clean Straw, and with the reſt of the Oatmeal make White Hogs Puddings.—Another ſays, beat a Quart of Cream, and as much Sheeps Blood, with ten Eggs; this done, ſtir into it grated Bread and Oatmeal finely beaten, each a like Quantity; then with powdered Cloves, Mace, Nutmeg, Marjoram, Lemon, Thyme, Pennyroyal and Salt, make a Mixture, and when all is mixed, fill the Guts, and boil them directly.—Another ſays, boil the Liver of a Hog till it is enough, and bruiſe it in a Mortar with half the Quantity of Hogs Fat cut ſmall; mix theſe with Hog's, Gooſe, or Sheep's Blood, Salt, Pennyroyal, butter'd Yolks of Eggs, ſome Spice, and ſome Oatmeal Grouts juſt cut in the Mill, after being firſt ſoaked twenty Hours in Water: When all theſe are brought into a requiſite Conſiſtence, put it into the Guts, tie them up, and boil them in a Kettle of Water with Hay at Bottom; when ſwell'd enough, dry them on Hay.

How to prepare Skins for making White Hogs Puddings.—As the eating Variety of Viands enlarges the Appetite, our Country Houſewife may make White Hogs Puddings as well as black ones; and indeed, it is the more neceſſary ſo to do, where Perſons have an Averſion to the eating of Blood, as many have. Good wholeſome White Hogs Puddings may be eaten with Pleaſure, with a very little Trouble of cooking them, for on a Gridiron they are preſently broiled: But to make theſe good as well as

cheap,

cheap, is the Art of the Houſewife; and that ſhe may do all this, I here preſent her with a Receit that has been in Practice many Years with a frugal Manager, as follows, *viz.*—Take Hogs Guts, and after the Dung is waſhed out of them, ſcour them well with Salt, then turn them once a Day, and ſhift and waſh them twice a Day in Spring Water for a Week together, to ſoak out all the Tincture of the Dung, and make them white. It is true, that many ſtand not on this Nicety, but ſcour, waſh, and fill the Guts in a Day or two after they are begun with; however, by the Way, this is a Sort of ſluttiſh Proceeding, for if the Gut is not made thoroughly white and ſweet, the Meat cannot be agreeable.

How to prepare the Meat for filling Skins to make White Hogs Puddings. — THIS Receit as well as my firſt for making Black Hogs Puddings are genuine Sorts, calculated for the Uſe of a Country Family, or for common Sale, becauſe they are compoſed of cheap, ſweet, and palatable Ingredients; for which Purpoſe, let our Country Houſewife provide herſelf with a Pottle of Grouts or whole Oatmeal, half a Pound of white Sugar, half a Pound of Currants, the Crumb of a two-penny white Loaf, and three Quarters of a Pound of Hogs Fat chopt; the Oatmeal muſt be boiled over Night, in as little Water ar will juſt ſuffice, and this only for a Quarter of an Hour, and by Morning it will be in right Order, neither too hard nor too ſoft. Next Morning therefore mix all theſe Ingredients with cold new Milk, and ſome *Jamaica* Spice in Powder, into a Pudding Conſiſtence, and put it into the prepared Hogs Guts, after the ſame Manner as was done for Sauſages of Sheeps Guts; and obſerve, that for theſe white Puddings we make uſe of only the ſmalleſt Guts, for if they were of the largeſt Sort, they would take up too much of the Meat. The Guts being thus filled, boil them in Yard-long Pieces, about three Quarters of an Hour at moſt, for theſe muſt not be boiled ſo long as black Puddings; and as they boil, they muſt be reared up with a Fork to the Top of the Water now and then, and pricked with a fine Fork to prevent their burſting. This done, take them out of the Kettle with a Stick, and lay them on Wheat Straw firſt put at the Bottom of a Baſket; then with Thrum-thread, and while the Puddings are full hot, tie them up in Links, two, three, or four in a Bunch, and place them

ſingly on a Table. Thus the Proceſs of this Receit is finiſhed under a plain Preparation, free of thoſe coſtly Compoſitions with which ſeveral Receits to make white Hogs Puddings are ſtuffed, as may appear by the following Accounts of them, *viz.*——Mix ſome of the fineſt whiteſt Crumb of Bread with a little Flower, Mace, and Nutmeg; ſteep theſe in Milk to become a pappy Conſiſtence: This done, add four Ounces of Currants, and as much Almonds, Marrow, and Sugar, which beat and thoroughly mix together for filling Hogs Guts with it; they muſt be boiled, and the Puddings afterwards kept in a dry Place till uſed. — Another Receit directs to make uſe of twelve or more Eggs, and half the Whites, which are to be beat up, and when a Quart of Cream boils, ſtir in the Eggs on a gentle Fire; to this muſt be added, when the Cream is cooled, a Pound of grated Bread and Nutmegs, two Pounds of chopt Suet, and half a Pound of ſweet Almonds minced and beat fine with Orange or Roſe Water, Salt and Sugar, with which fill the Guts and boil them, and prick them as they boil to keep them from breaking.

How to make white Hogs Puddings by an ancient Receit.— Steep Grouts in Milk twelve Hours, then boil a Pint of Cream, and put theſe Grouts into it, and let them ſoak here twelve Hours more; then put to this the Yolks of Eggs, a little Pepper, Cloves, Mace, Saffron, Currants, Sugar, Salt, and ſome Swines Suet, or for want of this, Beef Suet; all theſe being prepared according to Art, fill the Guts with this Mixture, and boil the Puddings on a gentle Fire, and as they ſwell, prick them with a great Pin, or a ſmall Awl, to keep them from burſting; and when you are to ſerve them on a Table, firſt boil them a little, then take them out, and toaſt them brown before a Fire, and ſo ſerve them, trimming the Edge of the Diſh either with Salt or Sugar.—But here is no mention made how the Hogs Guts are to be prepared, which is a ſtrange Deficiency, and ſeems as if the Authors were Perſons ignorant of the Matter, for neither ancient nor modern Receits ſhew this firſt and moſt neceſſary Article.

How to make Gut Puddings with Hog's Liver, by an ancient Author.—Take, ſays this Author, the Liver of a fat Hog and parboil it, then ſhred it ſmall, and afterwards beat it in a Mortar till it is very fine; then mix it with Cream, and put to it ſix Yolks of Eggs and two Whites,

Whites, and the grated Crumb of a half-penny Loaf, with good Store of Currants, Dates, Cloves, Mace, Sugar, Saffron, and Salt, and the beſt Swines Suet or Beef Suet; but Beef Suet is the more wholeſome, and leſs loathing; then after it has ſtood a while fill the Guts with it, and boil them as before ſhewed: And when you are to ſerve them to the Table, firſt boil them a little, and lay them on a Gridiron to broil gently, but do not ſcorch them, nor in any wiſe break their Skins, which is to be prevented by often turning and toſſing them on the Gridiron, and keeping a ſlow Fire.

To make Gut Puddings with Hog's Liver, by one new and two old Receits.—TAKE a Pound of Beef Suet, and mince it with the Crumb of a two-penny white Loaf ſmall enough to paſs through a Cullender; then boil a Pound of Hog's Liver, which grate and ſift very fine: This done, boil a Quart of Cream with ſome Mace, and grate a Nutmeg into it; mix all this with ſix Eggs, Currants, a little Salt, and Roſe-water, into a Pudding Conſiſtence, and fill Hogs Guts with it.—This Receit ſeems to me to be the laſt ancient one reformed, as being ſomewhat better put together in a truer Proportion of Ingredients. But to ſhew the Maker of a Hog's Liver Pudding in a more particular Manner, I ſhall add the two following old Receits, *viz.*—Boil a Hog's Liver very dry, when cold grate it, and take as much grated Manchet as Liver; ſift them through a Cullender, and ſeaſon it with Cloves, Mace, Cinnamon, and as much Nutmeg as of all the other; half a Pound of Sugar, and a Pound and half of Currants, half a Pint of Roſe-water, two Pounds of Beef Suet minced ſmall, eight Eggs, put away the Whites of four; temper your Bread and Liver with theſe Eggs, Roſe-water, and as much ſweet Cream as will make it ſomething ſtiff; then cut the ſmall Guts of a Hog about a Foot long, fill them about three Quarters full of the aforeſaid Stuff, tie both Ends together, and boil them in a Kettle of fair Water, with a Pewter Diſh under them with the Bottom upwards, and it will keep your Puddings from breaking; when the Water boils, put in your Puddings, let them boil ſoftly a Quarter of an Hour, and take them up; and ſo you may keep them in a dry Place a Week or more: when you ſpend them, you muſt broil them.—The other Receit runs thus, *viz.* Boil a Hog's Liver well, let it be thoroughly cold, then grate it like

Bread;

Bread; then take grated Bread, new Milk, the Fat of a Hog minced fine, and put it to the Bread and the Liver, the more the better, divide it into two Parts, take Store of Herbs that are well dried, mince them fine, put the Herbs into one Part, with Nutmeg, Mace, Pepper, Anniſeed, Roſe-water, Cream and Eggs; waſh the Skins, and then fill them up, and let them boil enough: To the other Part, put Barberries, ſliced Dates, Currants, new Milk and Eggs, and work them as the other.

To make Hogs Guts Puddings with Hogs Humbles.—AFTER the Hogs Humbles are tender boiled, take ſome of the Lights, with the Heart, and all the Fleſh about them, picking them from all the ſinewy Skins; then chop the Meat as ſmall as you can, and put to it a little of the Liver very finely ſearſed, ſome grated Nutmeg, four or five Yolks of Eggs, a Pint of good Cream; two or three Spoonfuls of Sack, Sugar, Cloves, Mace, Nutmeg, Cinnamon, Carraway Seeds, a little Roſe-water, good Store of Hog's Fat, and ſome Salt; roll it in Rolls two Hours before you go to fill them in the Guts, and lay the Guts to ſteep in Roſe-water till you fill them.

Of Chitterlins, their Make and Uſe.

HOW to make Chitterlins.—THESE, if made as they ſhould be, are pleaſant and hearty Victuals; and that they may be ſuch, take the Guts of a Barrow Hog, a Year, or a Year and half old, eſpecially of one well fatted with Barley Meal, Oatmeal, or Peaſe; for theſe Guts will eat ſweeter, than if the Beaſt is fed with Beans or a ranker Food. In the firſt Place, after the Guts are cleanſed from their Dung, they muſt be turned inſide out, and well ſcower'd with Salt; then put them into cold Spring Water, and for three Days together they muſt be ſhifted into freſh Water twice a Day, and turned and ſcoured with Salt ſeveral Times, till they are got thoroughly clean and ſweet. This done, the ſmaller Guts are generlly platted or woven together, and tied in a Knot at their Ends, in order to keep in their Fat, while they are boiling. Then, on a clear Fire, boil both ſmall and great Guts four Hours for making them rightly tender, though

though ſome boil them only two or three; but this is too ſhort a Time for cauſing ſuch tough Meat to eat ſoft and palatable; and if you put ſome Milk into the Water they are boiled in, it will add to their Whiteneſs and Sweetneſs of Taſte: But ſome, after the Guts are clear'd of their Dung, and at their firſt ſcouring with Salt, will with the Salt rub them with Sage: Others boil Sage in their Water to take off their Hogoo, for the Preparation of Chitterlins will prove the Cleanlineſs or Sluttiſhneſs of a Houſewife, as much as any Meat whatſoever will.

To make a Chitterlin Pye.—THIS may be made a delicious Family Pye, if the Chitterlins be duly prepared according to the foregoing Receit; then chop and mince them with ſome offald Meat of the Hog; this done, put it into a Paſte laid on the Bottom of a Pan; and on the Meat put ſome minced Apples, Currants, Plumbs, powder'd Coriander and Carraway Seeds, *Jamaica* Spice, and Nutmegs grated; then lay your Cover of Paſte over all, and bake it.—Others make uſe of no offald Meat, but make the Pye with only Chitterlins and the other Ingredients, and with the Maw or Mugget of the Hog, which Mugget being firſt ſkinned and boiled with the Chitterlins, and chopt and made into a Pye with them, will become a hearty and pleaſant Food for either a Farmer's, a Yeoman's, or a Gentleman's Family. It is true, that in Harveſt Time, our Servant Maid is rather too buſy to employ ſo much of her Time, as Chitterlins require for cleaning them; beſides which, the very hot Weather, that generally happens at this Time of the Year, is another Diſcouragement; but at other Times, when the Weather is cooler, it is ill Houſewifery to throw away the Guts of a ſizeable Porker or Bacon Hog.

To boil, broil, or fry Chitterlins—Is another Preparation, and the moſt common Way of Dreſſing them of all others; after they have been ſcoured with Salt, and boiled the ſeveral Hours before mentioned, they are preſently cook'd and made ready for a Breakfaſt, Dinner, or Supper, by boiling them on a Gridiron, or frying them till they are brown; but boiling them is moſt in Uſe with ſome Farmers Wives, and when they are ſo done, they will not eat right, unleſs boiled exceeding tender, and eaten with Muſtard.

Of Bacon in general.

THE neceſſary Uſes of Bacon.—BACON is a ſerviceable, palatable, profitable, and clean Meat, for a ready Uſe in a Country Houſe: Ready I ſay, becauſe it requires not to be kept in a Cellar, or at any Diſtance from a Kitchen or Chamber, but may be had at all Times of the Year for being cut to broil, fry, boil, or bake; and if it is not in the Houſe, it is ready at the next Chandler's Shop. For Bacon is ſo univerſally traded in, that it may be had at almoſt any Part of the Kingdom; and ſo ſerviceable to both Rich and Poor, that it ſaves much Expence in Firing, Time, and Trouble, is a very palatable Viand, and the more ſo, as it agrees with Fowls, Veal, Pancakes, Beans, *&c.* And it is ſo profitable, that like pickled Pork, it ſaves much in a numerous Family, by preventing the large Total of a Butcher's Bill; for Bacon in many Farmers Houſes is the Stay of the Family. Where there is Bread and Bacon enough, there is no Want; for theſe ſatiate the keeneſt Appetite in a little Time, will bear living on the longeſt of any Meat, with a little Change of another Sort. In the Northern Parts of *England*, thouſands of Families eat little other Meat than Bacon; and indeed, in the Southern Parts, more than ever live on Bacon, or pickled Pork, or on both, ſince Trade has leſſened, and the Number of Families increaſed. One of the biggeſt and ableſt Farmers in our Part of *Hertfordſhire* fed his Harveſt-men moſt Part of the Harveſt Time with Bacon. Near *Rickmanſworth* in *Hertfordſhire*, a Farmer that kept five Horſes, and rented a hundred a Year, gave his Servants hardly any other Meat all the Year than Hogs Fleſh and old Mutton. A *Hertfordſhire* Yeoman, that occupies his own Eſtate of about a hundred and fifty Pounds a Year, kills five large Bacon Hogs, and five large Porkers in a Year, and now and then an old toothleſs Ewe fatted, which they would for the moſt Part make into Pyes; and by the agreeable Sweetneſs of the Hogſlard, the Pyes proved ſo ſhort and pleaſant, that his People generally eat them greedily; for this Yeoman, like many others, was afraid of a Butcher's large Bill.

The Hertfordſhire *Way of curing Bacon for a private Family.*—THIS is the beſt Way of all others; for where the

the Bacon is rightly cured, the Fat will look clear, and eat hard and ſweet, and I may aſſuredly add, that it will keep longer ſound than any other Sort of Bacon whatſoever. For Bacon, we ſeldom kill a Hog under a Year old, but many older, till ſome weigh fifty or ſixty Stone, for we cannot have too fat nor too large a Flitch. And that it may be the ſafer and better cured, our Seaſon for killing is, from *Allhollantide* to *Lady-day*, when the Weather is generally cool enough for this Purpoſe. In *Hertfordſhire* we generally ſinge or burn the Hair off our Bacon, and when it is ſo done, we hang up the Hog, and let it remain hanging all Night; next Morning we cut out the whole Chine, two Spare-ribs, two But-pieces, two Blade Bones, and two ſhort Ribs, for we leave no more Bone in the Flitches than we can help. Then we rub the two Flitches of a thirty, or forty, or fifty, or ſixty Stone Hog, with a ſprinkling of Salt on the fleſhy Sides, and let them lie ſingly on Boards a Day, or a Day and a Night, for cauſing the bloody Juice to drain out of them; which when diſcharged, we employ two Ounces of Salt-petre finely powder'd to the Flitches of a thirty ſtone Hog, and ſo in Proportion to a larger one: Then we preſently make uſe of a Peck of common Salt, a ſmall Part of which we rub the ſkinny Sides with, the reſt on the fleſhy Sides, and lay the ſkinny Side of one Flitch on the fleſhy Side of the other, and ſo let them remain ten Days before we ſalt them again; and then we lay on half a Peck of more Salt, and put the bottom Flitch on the top one, to lie together ten Days or more: At the End of which Time, we hang them up in our wide Country Chimney Corners to dry for a Week or two, or three; if the Chimney is a very wide one, and a ſlow Fire is kept, they may hang the longer, but if it be a narrow one, the leſs Time; in either Caſe, if the Flitches are heated too much, they will ruſt and ſpoil. Hence it is, that when we kill a thirty or forty Stone Hog in *March* or *April*, we let the Flitches hang but three or four Days in the Chimney Corner, and then lay them upon a Rack, that is fixed over the Kitchen, to dry leiſurely; for at this Time of Year the Air alone is almoſt ſufficient to dry them. By this Method our Country Bacon is ſalted and dry'd very white and ſweet, free of that naſty, unwholeſome, unpleaſant Smoak Twang, which the Ignorant regard not, when the Knowing refuſe it.

Bacon made in ſeveral Parts of the Weſt Country.—In a certain Part of this Country, after the Flitches have been a little ſalted, and laid on a little Deſcent for the bloody Juice to drain off, the next Day they mix ſome Salt-petre with as much Sal Prunella, and rub it on both Sides of the Flitches. Next Day after they mix ſome Bay Salt among their common Salt, and ſalt the Flitches well, and while they lie ſalted one upon another for two or three Days, they ſhift their Poſture, and ſo on for two or three Weeks, at the End of which they hang them upright over an Oven, and in ſix Weeks Time they will be very ſweetly and whitely cured.—In another Part, they kill a Hog in the Evening, cut him out next Morning, and throw the Flitches into a ſtrong Brine to lie a few Hours; they then take them out, and rub on two large Flitches four Ounces of powder'd Salt-petre, then immediately ſalt them well with all natural Salt, and let them lie ſo three Weeks, ſhifting them once or twice in that Time, before they hang them up in their Chimneys to dry. But ſome let their Flitches lie ten Hours in Brine, then ſalt them, and let them lie a Month ſalted; when they take and ſmoak them a Day and a Night, or more, as the Weather is more or leſs open.—In another Part, as in *Wiltſhire*, they kill Hogs for Bacon almoſt all the Year, and ſend great Quantities of it to *London*. In Summer they kill in the Evening, and ſtrew ſome fine powder'd Pepper over the Inſide of the Carcaſe very lightly, for preventing the Flies Damage; next Morning they cut it out, and lay it in Brine ſix Hours, to diſcharge the bloody Part of the Fleſh; then with a Mixture of ſome powder'd Salt-petre and common Salt they ſalt the Flitches ſoundly, and lay them one upon another, and ſhift every ſecond Day, laying the bottom Flitch uppermoſt, and ſalting them more at three different Times in a Fortnight; at the End of which Time, they ſtrew over every Flitch ſome Bean Flower, to give the Bacon a fine brown or golden Colour, keep it the better from ruſting, and for forwarding its drying; then they hang the Flitches over one another, in a very great Chimney or Smoak-Room, to dry leiſurely a Week or two. And thus their great Hogs, that weigh ſome above ſixty Stone, at eight Pounds to the Stone, are ready to be cut for Bacon in a Month or ſix Weeks Time. But even theſe are not ſuch quick Ways to prepare Bacon for a Market as is practiſed in

another Part, where their waſh-fatting of Hogs, their ſalting and quick drying, give the Bacon a ſweetiſh Taſte, and an artificial Hardneſs and Colour, in order to take the Eye of the Buyer; but in the Pot, in the Pan, and on the Gridiron, it ſhews its looſe Nature, by its ready and eaſy parting with much of its Fat, to the Loſs of the Owner.

What I was told by a London *Seller of Bacon.*—This Perſon in Converſation, little miſtruſting who he told the Story to, was free in telling me, that ſome in very open Weather begin to kill their Hogs about three o'Clock in the Morning, and cut them out at ſeven or eight o'Clock at Night; then directly throw the Flitches into a very ſtrong Pickle for five, ſix, or ſeven Days; then ſmoak them twelve or four and twenty Hours, and away to Market with them. Otherwiſe, when they take them out of the Pickle, they ſalt the Flitches for four and twenty Hours, then ſhift and ſalt them again for as long a Time; next they hang them in their Smoak-Room for a little while, and ſend them to Market. Theſe Ways, he ſaid, are ſometimes practiſed when there is a quick Sale for Bacon; but what muſt we call this? It hardly deſerves the Name of Bacon, rather the Name of Pork-Bacon, and is a moſt profitable Sort for the Seller; for it will weigh to his Satisfaction, and may eat ſweet and good for preſent Spending, particularly in Peaſe and Beans Seaſon, but in Courſe muſt grow rank if kept long, becauſe, as one ſaid, the Fat of ſuch Bacon is ſo little cured, that it is rather Tallow than true Bacon. Therefore, when ſuch Bacon cannot be vended at *London*, much of it is ſent to Country Markets, for ſelling it to poor People at low Prices, to prevent its ſpoiling to intire Loſs. But this is not the Caſe of all the *London*-made Bacon, for I am very ſenſible, that there are vaſt Numbers of their waſh-fed Flitches of Bacon laid in Salt for two or three Months together in their Cellars, piled up one upon another, and ſhifted at Times for preparing and curing them in their Smoak-Rooms, and undoubtedly may be good Bacon. As to their Smoak Room, it is a profitable Contrivance, becauſe they have Plenty of Smoak at a cheap Rate, by their burning of Saw-duſt, old Spokes of Wheels, *&c.* without any exceſſive Heat of Fire: And thus they dry ſeveral large Flitches at a Time as leiſurely or as quick as they pleaſe; and thereby the Bacon may be

be impregnated with Smoak to ſuch a Degree, as will make it want the leſs Salt, give the Outſide of it a golden Colour, and help the better to cure it for keeping ſome Time; but then they cannot dry the Bacon ſo white, as we do in our large Country Chimneys, nor cure it ſo fine as we can; nor do they preſerve it in ſo ſweet and delicate a Manner, as is done in the Country.

The Practice of curing Bacon in ſome Country Towns.— When a Hog is cut out, they throw it into Brine for three Hours, and then ſalt it for two or more Months, and juſt before they hang them up in their Smoak-Room they waſh their Flitches in fair Water, becauſe the Salt that remains without-ſide of them would elſe help to ruſt the Bacon. And although the Flitches are yellowiſh, when they come out of the Smoak-Room, yet if they are hung up in a large Chimney Corner, the Fire will add a Whiteneſs to them.

A Farmer's Wife's true Country Way of preſerving Bacon in a white Colour. —— This is a Matter of Importance, becauſe it is not only a Cure to Bacon, by ſalting it for a Month and drying it well, but likewiſe to preſerve it white, ſweet, and ſound, for a conſiderable Time after: Which to do effectually, our Country Houſewife, after drying the Flitches leiſurely for three Weeks or a Month in a Chimney Corner, by a Wood Fire, free of Smoak, in a moderate Degree of Heat, takes care, as ſoon as the Bread is drawn out of the Oven, to put ſome Wheat Straw into it, for diveſting it of all Humidity, and thoroughly drying it; this done, ſhe lays ſome of it at the Bottom of a Cheſt kept in her Chamber under the Bed, and on that the ſkinny Side of a Flitch of Bacon; then ſhe puts another Layer of dried Straw on this, and a ſecond Flitch upon that: And if ſhe has ſeveral Flitches of Bacon to preſerve, ſhe thus lays one Flitch upon another with Straw between them, and never ſhifts the Straw, but cuts the Bacon as ſhe wants it for her private Family. And I do avouch it for Truth, that of all the Bacon I ever eat in my Travels, I never met with any that out-did this Sort for Palatableneſs, Firmneſs, Cleanneſs, and Whiteneſs of Fleſh; and am not a little ſurpriſed to find, that no Author I have hitherto read has taken the leaſt Notice of this moſt excellent Way of preſerving Bacon. And what Conſequence this Way of

drying and preſerving Bacon is of, I ſhall ſhew by what follows, *viz.*

How a Gentleman, living in the north-weſt Part of England *would not ſuffer his Bacon Hogs to be ſinged, on Purpoſe to avoid the ill Qualities of the Smoak.*—THIS curious Gentleman, Owner of a large landed Eſtate, was a Perſon who made it the greateſt Pleaſure of his Life, to improve and enjoy one of his Farms, of about 50 *l.* a Year, which he kept in his own Hands. This Gentleman, having a due Knowledge of the ill Effects of Smoak, would not ſuffer thoſe Hogs he killed for Bacon to be ſinged, but ſcalded them as we in *Hertfordſhire* do our Porkers, not only for avoiding the naſty unſavoury Tang that Smoak impregnates the Rind or Skin and Fleſh of a Hog with, but alſo for avoiding the unwholeſome Qualities that attend all ſinged, ſmoaked Bacon, when eaten with Fowls, Veal, or other Viands; for that he thought ſuch ſmoaked Bacon gives theſe Meats a diſagreeable Reliſh, and makes them become ſomewhat offenſive to both Palate and Stomach. And ſince ſuch ſmoaky Bacon is as unwholeſome as unſavoury, it ought to be the more refuſed; and the fine white dried Bacon, free of that pernicious ſmoaky Quality, preferred to it. For Smoak, by Naturaliſts, is defined to be a ſtupifying keen Fume or Vapour, full of dark ſulphurous Excrements, void of all real Virtues, and very pernicious to Health; for that it proceeds from thoſe poiſonous Juices that the Fire and Air ſend forth. Fire, ſays one of theſe Virtuoſi, divides and ſeparates the Forms and Properties of Nature, and manifeſts both Vices and Virtues of Things, which ſo long as they remained in one Body intire, nothing of this pernicious Quality has been ſeen or known. Smoak therefore, ſays he, is an Excrement that all People endeavour to avoid, as being the moſt prejudicial to the fine volatile Spirits, and therefore moſt offenſive to the Eyes; for they are the Gates of the whole Body, where the natural Spirits have their Ingreſs, Egreſs, and Regreſs, and for this Cauſe, Smoak firſt offends the Eyes, and ſo does any other ſtupifying Fume or Vapour, either internally or externally. Therefore when any eat ill prepared Food, or drink the like Drink, and when the Heat of the Stomach and concoctive Faculty ſeparate ſuch Foods and Drinks, they do as naturally ſend up into the Head groſs excrementous Vapours, very offenſive to Nature, and

eſpecially to the Eyes; for Smoak contains in it two poiſonous Qualities that are of a bitter and aſtringent Nature.

How the ſame Gentleman ſcalds his Hogs.—For theſe Reaſons, this Gentleman ſcalds his Bacon Hogs thus; when the hot Water is ready, in that Degree of Heat as will ſcald the Hair, he puts into a Pail-full of it two or three Handfuls of Oatmeal-duſt, which is what remains after the Oatmeal is made. This Water, ſo duſted, he puts over the dead Hog, as it lies upon a Bench or Form, and as the Duſt is well mixed with it, it will lodge at the Bottom of the Hair, and cauſe the Water to have the greater Effect in making it come regularly and eaſily off, better than the common Way of doing it only with hot Water. In this Work the Butcher uſes an iron Inſtrument, ſomewhat like a Horſe's Curry-comb, that has two Edges, but no Teeth. This ſcrapes off the looſen'd Hair, and then a Knife follows which cleans the Skin and compleats the Work; and when one Side of the Hog is thus done, they lay a little Straw at Bottom, and turn the lower Side uppermoſt, to be ſcraped and cleaned as the other was. This ſame Way is made uſe of in ſome Parts of the North for both Baconers and Porkers, with good Reaſon, for it makes the Bacon look white, and take Salt better than if ſinged. Thus prepared, it will not damage Soup or Broth, as they are dried free of any burnt Tang, and therefore fitter to be boiled with Fowls, Veal, Beans, *&c.* This is much the better Way than to ſcald the Hair off (as we do in *Hertfordſhire*) by putting the dead Hog into a Tub or Ciſtern of ſcalding Water, which is a Sort of parboiling, and undoubtedly renders any Bacon or Pork ſo ſerved, ſubject to keep the leſs Time ſound; for the Hulls or Duſt of the Oatmeal ſerves, in this Caſe, inſtead of Reſin.

Fatting Hogs for Bacon or Pork in London.—A London Diſtiller told me, that although he did not keep any Hogs, yet he knew one that kept eight hundred by him at once, at ſome Time of the Year, for fattening them to ſell for Baconers or Porkers: When Porkers ſold well, he fatted his Hogs accordingly; if Baconers ſold well, he fatted them accordingly; and ſaid, There was no ſweeter Pork or Bacon than theſe Hogs make, which are fatted with only hot Waſh and Grains, being as ſweet as thoſe fatted in the Country with Barley-meal, but then (as he ſaid) their Bacon will not keep ſo long ſound as the Country-

fed Bacon will, nor will it retain its Fat in boiling like that. And no wonder it is ſo, if it is true, as I have been informed, that ſome Feeders of Hogs with Diſtillers hot Waſh and Grains have killed their Hogs and made them into Bacon in a Fortnight's Time, by firſt laying the Flitches in a very ſtrong Brine three Days, ſeven in Salt, and three in a Smoak-Room, at the end of which Time they were carry'd to Market for Sale; ſo that in about a Fortnight ſuch Bacon is compleatly made and ſold. And although Salt-petre makes Part of their Brine, and ſome of it is mixt with common Salt afterwards, to ſalt down their Flitches, by which they ſtiffen their Bacon Fat, and give it a reddiſh Caſt, yet ſuch Fat will boil more out than that from Bacon made from the Feed of Peaſe or Beans, *&c.*

The Care and Art made uſe of by a Country Houſewife in curing her Flitches of Bacon.—As ſoon as her Hog was cut out, ſhe ſtrewed ſome Salt over the fleſhy Sides of the Flitches over Night, to extract and drain out the bloody Juice of them; next Morning ſhe laid one of the Flitches on a Table, and opened a Place in the ſhoulder Part with a Knife, in which ſhe forced in ſome Salt, for here is the moſt dangerous Place of breeding Taint; when this was done, ſhe did the like by the other Flitch, and then laid a Peck of Salt over both the Flitches, which weighed near thirty Stone; this done, ſhe laid one Flitch upon the other, the ſkinny Side on the fleſhy Side, and the Tail of the upper one to the Head-part of the under one; at the week's End ſhe ſhifted the undermoſt by laying it uppermoſt, and where ſhe perceived a bariſh Place, ſhe ſtrewed ſome more Salt over it; this ſhe did twice in two Weeks more, and when the Flitches had thus lain three Weeks in all, ſhe hung them up to dry near her wide Chimney, by a Wood Fire that burnt leiſurely.

N. B. Next to the Bone in a Flitch of Bacon is the greateſt Danger of Taint, and therefore ſhe applied more Salt-petre than ordinary, as well as common Salt, to this Part.

Why a Sow is better to make Bacon of than pickled Pork.—This as well as hundreds of other uſeful Matters, in Country Houſewifery, were never expoſed in Print. A Sow by being made Bacon of, her Fleſh will eat ſhorter than if it was pickled for Pork, becauſe both the ſalting and drying cauſes it. Beſides which, the Belly-piece of

a fatted

a fatted Bacon Hog is almoſt all fat, and is the toughest Part of the Carcaſe; which when melted, near half of it will become a coarſe Lard, good enough for preſent ſpending, to fry Pancakes, and make ordinary Pye-cruſt, &c. But when the Fleſh of a Sow is pickled for Pork, this tough fat Belly-piece is pickled with the reſt of the Carcaſe. And although it be an old Sow that is to be made Bacon of, ſhe will, by being baconed, eat very tender, as having got new young Fleſh in fatting. Such a Sort of Caſe as this has cauſed a Diſpute between a Man and his Wife: Says the Woman, I will have the Skin of my old Sow (for ſhe was ſeven Years old) taken off, and pickle her Fleſh for Pork. No, ſaid the Huſband, ſhe will make better Bacon. And it proved ſo, for I heard the Woman ſay, that nothing eat tenderer or ſweeter.——But obſerve, That whether a Sow be killed for pickled Pork or for Bacon, it concerns every Owner of ſuch Sow, that ſhe be not killed in Brimming-time; for if ſhe is, her Fleſh, whether pickled as Pork, or dry'd for Bacon, will aſſuredly eat rank and very unſavoury; which Evil to prevent, we either have ſuch a Sow ſpayed before fatting, or boar her, and kill her fatted about the End of eight Weeks, which is about the Expiration of half her Time: Or if ſhe is fatted without boaring, we kill her at ten Days End, after her Brimming is over, becauſe there is an Interval of 21 Days between each brimming or boaring Time. This is what I duly obſerve myſelf, in fatting of a Sow, by managing her according to one of theſe three Ways, for I have practiſed all of them, and have therefore further to ſay, That as ſpaying of a Sow is a ſomewhat hazardous Operation, it is not ſo much in Uſe of late as formerly, becauſe many have died by it, either by the Unſkilfulneſs of the Operator, or by the Miſmanagement of ſuch a Sow afterwards.——Theſe material Articles are certainly ſo neceſſary to be known and obſerved, that if I had not wrote them, my Book muſt have been ſo much the more imperfect.

A black Hog of the foreign Breed was killed with ſo thick a Skin, that it was thought it would be worth more to ſell to the Saddler than to eat as Rind to Bacon.— A FARMER, that kept the wild Sort of Breed of Hogs, fatted one that weighed 35 Stone, for Bacon, which had ſo thick a Skin, as was thought by his Neighbours would have ſold for more Money than to eat it as Rind to Bacon,

becauſe ſuch a thick Skin would have tann'd into a good Subſtance, very fit for the Saddlers Uſe, who give the moſt Money for Hogſkins of any Tradeſmen. Therefore ſuch a very thick Skin (eſpecially if it be of a very old Hog) is better ſold to the Saddler, and the Fleſh pickled for Pork.

How a Quaker living at Eaton *in* Bedfordſhire *uſed to prepare his Bacon for drying and keeping.*—It was the Practice of this Man, for his own Family's Uſe, to waſh his Flitches of Bacon very clean, juſt before he hung them up to dry; and when he was aſked, Why he differ'd, in this Action, from all his Neighbours? he ſaid, He could not find what Good a Cruſt of Salt did his Bacon, after it had lain a Month under it, for that in this Time the Fleſh had had all the Virtue it could have of the Salt; and ſaid, that by ſo doing he could eat his Bacon with leſs Waſte of Salt than others did, and much cleaner.

How a Country Bacon-monger left off ſmoaking his Bacon, to dry it without Smoak.—THIS was done in *Buckinghamſhire*, where a Publican Bacon-monger, every Year, is ſaid to kill 100 Hogs for making Bacon of them. It was this Perſon that made an Attempt, in Imitation of the *London* Bacon-man, to dry his Bacon in a Smoak-room, by burning Sawduſt in the ſame. Now, whether he managed the drying Art as they do, I cannot ſay; but this I know, that he was ſoon out of love with his new Way of haſtily drying Bacon altogether in a Smoak-room, and did afterwards without ſmoaking them at all; for as ſoon as the Flitches had lain their due Time in Salt, he laid them upon a Rack near the Cieling, in the Kitchen, within the Reach of ſome Heat from the Fire: Where after they had gradually dried, he took them away, and laid others in their room; and thus he proceeded to cure all his Bacon, giving it a moſt white Colour, free of all Smoak, and likewiſe free of all Ruſt, that might be occaſioned from too much Heat of the Fire. For this is a true Maxim in the drying of Bacon, that ſo far as the Heat of the Fire enters the Flitch, ſo far the Ruſt will breed in it. Not but that there are two Extreams in drying Bacon. Some hang up their Flitches in the Side of a Chimney, to be dried and cured by the ſooty Smoak, for two or three Weeks; ſo that when they are taken down, they appear black. This Way, indeed, may help to keep the Bacon from tainting a long Time; but its unwholeſome

Nature

Nature and unpleaſant Taſte want no rehearſing. So likewiſe is the under-drying of Bacon another Extream, for then the Fat will be like Tallow, and taint in a little Time.

How another Country Bacon-monger cured his Bacon ſo as to make it look very white, eat ſweet, and keep ſound a long Time.—THIS Bacon-monger, I am here writing of, is a Tradeſman beſides, for you muſt know, that in many Country Towns and Villages there are Shopkeepers and others, who kill many Hogs in a Year, for ſelling Bacon Wholeſale and Retail, as Grocers, Chandlers, Publicans, Butchers, *&c.* moſt of whom make uſe of Abundance of Pickle for ſteeping their Flitches in, to prepare them for ſalting and drying, and have likewiſe their Smoak-houſes built on purpoſe for the drying of their Bacon, in the ſame Manner as many *London* Bacon-men have. But this Country Bacon-man makes uſe of no Pickle nor Smoak-houſe: His Way is fairly to ſalt the Flitches with a little powder'd Salt-petre, mixed with common Salt, and once a Week, for three or four Weeks, he rubs a little more Salt on each Flitch, and ſhifts them; then he hangs them in his Chimney-corner, where no Smoak comes at them, nor too much Heat from the Fire, when dried enough, he carries them up into a Chamber, and lays the firſt Flitch on Wheat-ſtraw, and when he has put ſome Straw on that, he lays another Flitch over it, then Straw, then Flitch, and ſo proceeds, till he has laid ten or fifteen Flitches in one Heap. And thus many more may be laid in one Chamber, cover'd over with Wheat-ſtraw. A Way that keeps Bacon in the ſweeteſt and ſoundeſt Condition of all others; for here is no Exceſs of Heat, Cold, or Moiſture to annoy it. Therefore it was that this Man ſold his Bacon, when others could not theirs, who do not cure it ſo well as he does.—But there are ſome who think it a good Way to preſerve their Flitches of Bacon ſweet and ſound, by laying them in a Heap of Malt, and it may anſwer the End, if the Malt is fully dried, and of the brown Sort, free of any Smoak-tang; otherwiſe it is apt to damp it, and give it an ill Reliſh.—— I alſo know a Farmer's Wife that never lets her Bacon hang in the Chimney above three Days, and then puts it on a Rack near the Outſide of the Chimney to dry; for her Notion is, that if it hangs above three Days here, it waſtes.

The different Qualities of Pork and Bacon.—It was in *March*, 1745, that I had the Honour to be in Converſation with a worthy and curious Member of Parliament, whoſe Seat lies about 100 Miles eaſtward from *London*, who told me, he had ſent to a Friend of his in *London* a Preſent of pickled Pork, which for its good Reliſh, and for retaining its Fat in boiling, made him declare, he had a very ill Opinion afterwards of the common pickled Pork ſold in *London*, becauſe it had not ſo good a Reliſh, nor would it retain its Fat in boiling like this Country Gentleman's Pork; which leads me to obſerve, that there are ſeveral Sorts of Pork and Bacon, whoſe good and bad Properties are chiefly owing to the Food the Swine eat: Some are fed (near the north Seas eſpecially) with Fiſh; in other Parts, with Tallowchandlers Graves; ſome with Horſe-fleſh; ſome with Whey and ſkim Milk; others with Waſh and Grains; ſome with the Offald and Blood of Beaſts; others with Bran and Pollard; ſome fatted on Clover, Turnips, Potatoes, Parſnips, and Carrots; others with Horſebeans; ſome on Oatmeal, and ſome on Beech-maſt and Acorns; ſome on Barley, or French-Wheat, or on Peaſe, *&c.* Now to avoid Prolixity, in writing of all theſe in particular, I ſhall only touch on a few of them. The Feed of Whey and ſkim Milk, Waſh and Grains, Bran and Pollard, Potatoes, Parſnips, Carrots, Turnips, Clover, the Offald of Beaſts, Oatmeal, and Barley-meal, *&c.* are all ſweet Food, but create a looſe Fleſh in Compariſon of the more firm Feed of Corn; and of all Corn Food, there is none that comes up to the Peaſe. And therefore many of the knowing ones (with a great deal of Reaſon) will buy our Peaſe-fed Bacon, in refuſal of all other Bacon; as being ſenſible that this particular Sort of Corn-fed Bacon has not only a very cloſe Fleſh, but likewiſe a very ſweet one. And of this Sort is all the Bacon I make; a Quantity (little or more) of which I am ready to ſupply any Perſon with, or with pickled Pork, upon a proper Order.

How to prepare Flitches of Bacon for drying, ſo as to prevent their ruſting, and for ſecuring their Gammon Parts from the Breed of the Hopper-fly.—This is a Matter of no little Conſequence to Families, becauſe where they conſume little or much of this moſt neceſſary, ready, pleaſant, wholeſome, cheap Food, they would willingly have it preſerved from theſe two pernicious Accidents, which (for want of knowing how to prevent it) happens to thouſands

of

of Flitches of Bacon, and renders them of little Value. As to Ruſtineſs, I take it to be the firſt Beginning of the Bacon's Decay, and conſequently is the firſt worſt Part of it, which is ſo diſagreeable to all Stomachs, that if much is eaten of it, it ſurely cauſes Sickneſs for a little while. Ruſtineſs is occaſioned two ſeveral Ways; one is, by letting too much Heat come at the Bacon, as I have before obſerved; the other, by keeping it too long before uſing. Now to prevent the firſt, the old Country Practice is, that when the Flitches have lain long enough in Salt, and are ready to be hung up in or near the Chimney to dry, they ſpread over the fleſhy Side of each Flitch a good Quantity of long Bran, which they pat down with their Hand, for making the Salt lie the cloſer to the Meat, and to keep it from falling off when it is got dry. Many are of Opinion, that by ſuch branning the Flitches, it helps to keep them from ruſting: But I ſay, that whether Bran is put to them or not, Bacon will ruſt, if the Fire is made ſo hot near it as to melt a little of the outſide Fat; but, I think, I know a better Way than to make uſe of Bran, and that is, when the Flitches have lain long enough in Salt to be hung up for drying, we ſift over their fleſhy Side ſome fine wood Aſhes (made from Beech or Aſh) pretty thick, which having a penetrating Salt in them, it enters a little Way into the Fleſh, and ſticks ſome Time to it, helps to keep off Ruſt, and diſcharges the Breed of the Hopper-fly, that in ill-cured Bacon, eſpecially, is very apt in Time to breed, increaſe much, and eat the Gammon Part of it, for here they firſt begin, and are ſucceeded by Maggots. This Application of Aſhes is of late become a Practice in *Hertfordſhire*.

An Account of a Lord's Butcher who ſalted and managed his Flitches of Bacon in ſo wrong a Manner, that great Part of them were ſpoiled.—THIS Caſe I know to be true, becauſe it was acted not far from *Gaddeſden*, where a Lord had ſo large a Family, that he kept a Butcher all the Year on purpoſe for killing his Oxen, Sheep, Calves, Swine, *&c.* It was here they fed their Swine extremely fat for Bacon. And although this Butcher was an elderly Man, yet he committed a very groſs Miſtake in the Management of his ſalted Flitches of Bacon; for as the thick Back-part of them lay higher than the thinner Belly-part, the Salt in melting run down to the thin Part, and left the thicker Part bare of it. Thus they lay

ſome

ſome Weeks without Diſturbance, for the Butcher thought he had well ſecured them with a ſufficient Quantity of Salt; but ſo it was, that when he came to diſplace them in order for drying, he found all their fat Back-part ſtunk to that Degree, as made them be boiled only for getting out their Greaſe, to greaſe Cart-wheels with. And to this Uſe only was it put, notwithſtanding the Lord kept a Pack of Hounds, that would have greedily eaten all this damaged Bacon; but then it would have done them a great Prejudice. For if Hounds were to be fed with ſalted Meats, it would certainly leſſen their Scent. However, as the thin Part of the Flitches had the greateſt Share of Salt, they proved to be as good Bacon as need to be uſed. And there were large Quantities of it.

The Nature of Salt-petre, Bay-ſalt, Petre-ſalt, and Sal Prunella.—SALT-PETRE is a bitteriſh Salt, and of a ſulpherous Nature, for it is the main Ingredient uſed in the making of Gunpowder; yet it is of a cooliſh Nature, very penetrating, and reſiſts all Putrefaction; therefore of excellent Service in the Preſervation of Hog-fleſh, eſpecially in hot Weather, becauſe the Powder of Salt-petre preſently enters into Pork or Bacon, and greatly prevents their tainting.—— Bay-ſalt likewiſe is good in a Mixture with common Salt, provided too much is not thus made uſe of, for if it is in Exceſs, it will give the Fleſh a diſagreeable Taſte. Some ſay, Petre-ſalt is only Bay-ſalt duſted; but this I am not certain of. However, I heard a Gentleman's Cook ſay, that Petre-ſalt makes pickled Pork or Bacon red and ſoft, when Salt-petre makes them red and hard. Either or both of theſe, when mixed with coarſe Sugar, preſerves Pork or Bacon in an admirable Manner, and gives them ſuch a pleaſant Reliſh, as makes them eat much like *Weſtphalia* Ham. But Sal Prunella exceeds all, if applied in a right Quantity, being a more purified Salt, and therefore is ſold at a greater Price.

A Butcher's Notion of Salt-petre.—THIS Butcher kills many Hogs for Bacon in a Year, and ſays, he never dares to uſe above a Quarter of a Pound of Salt-petre to the greateſt Hog; for he ſays, you may lay on as much Salt-petre as will make Bacon ſtink, or at leaſt taſte nauſeouſly rank.

Why a Vale Houſewife refuſes to make uſe of any Salt-petre in the curing of her Pork or Bacon.—THIS Houſe-

wife

wife is Wife to a Man that lives on his own Eſtate at *Eaton* in *Bedfordſhire*, who is ſeldom without half a Dozen Hogs in his Yard, which he feeds for his own Family's Uſe; now it is a conſtant Notion of this Woman, that Salt-petre does more harm than good to Pork or Bacon, ſhe therefore refuſes it, as believing it to be of ſo penetrating a Nature, that it eats out the Gravey and Goodneſs of the Meat, makes it unpleaſantly dry, and gives it an unſavoury Twang. For, as ſhe ſays, if Bacon is rightly ſalted and dry'd, there is no Danger of its tainting; and as to the Redneſs of the Colour, and Hardneſs of the Fleſh, which ſhe allows Salt-petre may be the Cauſe of, ſhe thinks common Salt may fully ſupply both theſe Qualities, if enough of it is made uſe of, and the Bacon paſſes through a leiſure drying, and is rightly preſerved afterwards.

To make a Pickle for pickling Flitches of Bacon, in order to prepare them for being Smoak-dry'd. — THIS is the Practice of many of the great Bacon-mongers both in Town and Country; and is indeed a very ſafe Way to ſecure Flitches of Bacon from the Blow-fly, and from Taint; becauſe ſuch a Liquid is ſure to affect all their Outſides at once, and as it is compoſed of very potent ſtrong Ingredients, their Inſides too in a little Time. On this Account it is, that ſeveral of theſe Bacon Traders venture to kill their Hogs for Baconers even in warm Weather, by depending on the Security of this penetrating Liquor. But beſides all this, Bacon thus prepared weighs much heavier than that prepared by only ſalting the Flitches three or four Weeks, and gradually drying them as long by a Country Wood Fire. As pickling therefore is moſt to their Intereſt by increaſing the Weight, and ſaving much Salt, Time, and Trouble; one Sort of it may be made thus.—Mix half a Peck of white common Salt with half a Peck of Bay Salt, two Pounds of brown Sugar, two Ounces of Sal Prunella, and two Pounds of Salt-petre.—Theſe boil in ſuch a Quantity of Spring Water as when cold will pickle two Flitches at a Time, to lie a Fortnight in the ſame. Then take them out and ſmoak them over a Saw-duſt Fire, or by that made with old Wood.

To cure Hams by an unboiled Pickle.—TAKE ſix Pounds of coarſe Sugar, a Peck of Bay Salt, a Quarter of a Pound of finely powder'd Salt-petre, and half an Ounce of Allum;

Allum; put them into Spring Water, ſo that the Quantity of the Brine may come up to the Standard of bearing an Egg; when the Liquor is at this Proof, lay in your Hams to lie in it three or more Weeks; then take them out of the Pickle, dry them with a Cloth, and rub them over with common Salt; then it is that they are fit to be dried.

To cure Hams by a boiled Pickle.—You may pickle two or three Hams in the following Pickle at a Time; take two Pounds of coarſe Sugar, two Ounces of Sal Prunella, half a Peck of common Salt, four Pounds of Bay Salt, one Ounce of Allum, and five Ounces of Salt-petre; they muſt be all in a powder'd Condition. Then infuſe them in ſix Gallons of Spring Water, in which boil all of them briſkly for only fifteen Minutes; ſcum it well, and when the Liquor is perfectly cold, put in your Hams to to lie in it three Weeks at leaſt; at the End of which Time take them out, rub them dry with Cloths, and work in ſome dry Salt all over them with your Hand, and then they are fit to dry and keep for your leiſure Uſes.

To make Engliſh *Hams like thoſe of* Weſtphalia *in Shape and Taſte.*—The following Receit has been collected from one Author to another, and as it is ſomewhat curious and ſerviceable, I ſhall alſo tranſcribe it in the ſame Words.—Take the Legs of a Porker, and lay them in Cloths, to preſs and dry out the remaining Blood and Moiſture as much as may be, laying Planks on them, and on them great Weights, which will bring them into Form. Some have Boxes purpoſely ſhaped for them, with Screws or Weights to preſs down their Lids; when they are thus ordered, ſalt them well with Bay-Salt finely beaten, and lay them in Troughs or wicker Panniers one upon another, cloſe preſſed down, and covered with ſweet Herbs, as Hyſſop, Winter-Savory, Thyme, Pennyroyal, *&c.* which will infuſe into them a pleaſant Flavour; let them continue thus a Fortnight, then rub them well over with Petre-ſalt, and let them lie three or four Days till it ſoaks out, it being of a wonderful penetrating Nature; then take them out, and hang them in a dry cloſe Smoak-Loft, and make a moderate Fire under them, if poſſible of Juniper Wood, but ſo that it may laſt long, and let them hang to ſweat and dry well; then hang them up in a dry Place that is ſomewhat airy three or four Days,

to

to purge them of the ill Scent the Smoak has put into them, and then hang them up for good in a dry Place, that is ſomewhat airy, againſt you have Occaſion to uſe them; which when you have, wrap them up in ſweet Hay, put them into a Kettle of Water when it begins to boil, and keep them well cover'd till they are boiled enough, and they will cut of a curious red Colour, and eat ſhort and ſavoury, ſo that few can diſcover them from the right *Weſtphalia* Hams. — There are ſeveral other Ways of curing Legs of Pork to make Hams of them, too tedious to inſert here, and therefore I ſhall only touch on a little more of this Subject.—Salt-petre hardens and colours Fleſh, and on this Account it is a very proper Ingredient to rub into a Leg of Pork, for making it into a Ham; and as the bloody Juice ſhould be extracted before it is ſalted for good, ſome have rubbed fine powder'd Salt-petre, with ſome coarſe Sugar, all over the Leg once a Day for three Days, before they ſalt it well with common Salt, and when it is ſo done, it may lie a Month or two in the ſame, turning it now and then with your Pocket Fork; then it may be hung up in Paper to dry for Uſe.—Others mix Sal Prunella with Salt-petre, and rub a Ham with them, to keep in a ſtrong boiled Pickle twelve Days; then re-boil the Pickle, and re-ſalt the Ham as before, and after it has lain a Fortnight in it, it is to be bran'd and dried; and as to the boiling of ſuch a Ham, it is beſt done as aforeſaid with Hay. But for boiling Oak Saw-duſt with a Ham, to give it the deeper red Colour, it ought to be inquired into, how wholeſome or unwholeſome it is.—Others rub a Leg of Pork with coarſe Sugar two Days together, and taking a Mixture of Sal Prunella and common Salt rub it well in it, and let it lie in the ſame till taken out to dry.———Others, as in *Yorkſhire*, where Land, Workmens Labour, and Hogmeat, are extraordinary cheap, and their Water Carriage of Goods to *London* as convenient, ſend great Numbers of Hams every Year out of that large County to the opulent City of *London*, ſo that there are now few Cheeſemongers Shops there, but what ſell theſe Hams for about five-pence a Pound: But this Art is not only practiſed in *Yorkſhire*, for there are many Gentlewomen that delight in this Piece of good Houſewifery, as well as Tradeſmens and Farmers Wives, who may make Hams as before-mentioned, or thus—Take the Leg or Ham of a Barrow Hog, about

a Year, a Year and a half, or two Years old, when they are at their full Growth, and ſalt it a little for extracting the bloody Juice, which it will do in about ten or twelve Hours Time, as it lies in a glazed Pot: This done, wipe it dry, and bruiſe half a Pint of Bay-Salt, and mix it with one Pound of coarſe Sugar, four Ounces of powder'd Salt-petre, and a Quart of common Salt: Theſe being well incorporated, put them in a Sauce-pan or an Iron Dripping-pan over a Fire, where the Compoſition muſt be well ſtirred till hot; and while it is ſo, you muſt rub it ſoundly over every Part of your Ham; then let it lie two or three Weeks under this Salt Mixture, turning it ſeveral Times, and it will be ready for being dried in a Chimney or Smoak-Stove, by burning Saw-duſt or otherwiſe.—Or order your Hams partly after the Method they practiſe in the City of *Wells*, in *Somerſetſhire* — Let your Ham be thoroughly cold, then beat it on both Sides well with a Rolling-pin, for making the Fleſh tender, readier to take ſalt, and eat the ſhorter; when you have ſo done, powder three Quarters of an Ounce of Salt-petre with a Quarter of an Ounce of Sal Prunella, which mix and rub all over the Ham, lying thus four and twenty Hours: Then beat one Ounce of Sal Prunella more very fine, and mix it with a Pint of bruiſed Bay-Salt, two Quarts of common Salt, and one Pound of coarſe Sugar; which heat in an iron Pan over a Fire, till it is hot, but not ſo hot as to melt, and rub it over the Ham at your turning it every Day for three Weeks: At the End of which Time hang up the Ham to dry, and when dried, wrap brown Paper about it to keep off Flies, and preſerve it in a dry Part of the Kitchen.—Or take this ſhorter Way—Hold your Ham near a Fire-ſide, and rub half a Pound or more of coarſe Sugar over it; this done, let it lie ſo a Day and a Night; next, you are to rub it all over with four Ounces of powder'd Salt-petre, and four Ounces of Petre-ſalt, mixt with three Pints of Common Salt: Thus ſalted, let the Ham lie in an earthen Pan, or wooden Bowl or Tray, three Weeks, turning it now and then, and rubbing a little common Salt over it, at the End of which Time wipe it well, and dry it in your Chimney by a Wood Fire.

The Power of Brine and the frugal Management of it, in the Cure and Preſervation of Bacon, Hams, Tongues, &c.—

In

In many of the *London* Cellars, where they keep great Numbers of Flitches of Bacon in Heaps under Salt for two or three Months together, ready for drying and ſelling them at a beneficial Time, they have a Reſervoir to catch and retain the Brine that deſcends into it by a Diſſolution of the Salt; which Brine they boil and ſcum till it is perfectly clear, and make it ſerve (with more Salt) for a Pickle to preſerve other Bacon, Pork, or Beef in; and if they want to make it very ſtrong, they add Sugar and common Salt, or Salt-petre, *&c.* to their Liking. Thus Flitches of Bacon, Hams, Spare-ribs, Tongues, Clods of Beef, Legs of Pork, or other Pieces of a Hog or Bullock, may be pickled, by lying in the Pickle of either of the foregoing Receits; Hams four or five Weeks, the Clods of Beef three Weeks or a Month, Tongues twelve or fourteen Days, and thinner Meat accordingly: Theſe Brines, if made to the Proof of ſwimming an Egg, will laſt good three Months, and if they are found to decay, or are bloody-foul, it is only boiling them up again with ſome Addition of common Salt, which when ſcummed, and diſcharged of all Fleſh, will be clear and new for another Trial. And it is from ſuch Pickle, that Hams, Tongues, or other Pieces of Meat may be taken to dry in a Chimney or Stove, or a Smoak Cloſet or Room, over or near the Burning of Charcoal, Sawduſt, or old Spokes of Wheels, or other dead Wood that has loſt its Sap. An Innkeeper of *Leighton* in *Bedfordſhire*, that had ſomewhat a greater Trade than his Neighbours, and kept plow'd Ground in his Hands beſides, always kept his Beef and Pork in one large powdering Tub in Brine; and for preſerving his Brine and Meat ſweet and untainted, his Maid-ſervant all the Summer long was obliged to boil up her Pickle once every Fortnight or three Weeks, in order to ſcum and purify it, till it was as clear as Rock-water; when cold, ſhe return'd it into the Tub, and having new ſalted her old, or ſalted her new freſh Meat, it was laid in this clarify'd Pickle. And thus he went on all the Year, ſhifting his Brine often in Summer, and ſeldom in Winter, but never intirely diſcharged his powdering Tub of Brine, except once a Year, and then it was for uſing it to ſteep his Wheat-ſeed in at Sowing-time. But his Tongues he kept in a pickling Pot by themſelves, and ſhifted the Brine now and then that they laid in, by boiling and ſcumming it, and new

ſalting them. But Mr. *Houghton* is more particular in his Fourth Volume (Page 257.) *of Brine*; for there he ſays, that in the ſtrongeſt unboiled Brine he could make, he potted two Porkers in *February*, and in *July* he thought it exceeded all the Bacon he ever eat with Beans.—That in ſuch Brine, that he kept two Years without boiling, he ſunk a Briſket of Beef for eight Days, in *February*, and then took it out, dried it in a temperate open Place for ſix Weeks, and it eat very well with boiled Sallad.—That about the ſame Time he ſunk another Piece of Beef for twenty Days, and afterwards hung it up in an open Place for the whole Summer, and at *Michaelmas* it was very good.—That he ſunk a Leg of Mutton in Brine all Night, then hung it up in a String in Defiance of the Seaſon and Flies for ten Days, and after dreſſing it, found it excellent; and ſo freſh as to eat Salt with it.—The Uſe of making ſuch a ſtrong unboiled Brine that will anſwer this End, I will ſhew by an Example of preſerving a Leg of Pork in it, ſo that it may be made to eat like true *Weſtphalia* Ham. It is certainly true, that the Leg of the wild foreign black Breed of Hogs is the beſt to make a Ham of, becauſe their Fleſh is naturally ſhorter and ſweeter than the *Engliſh* Breed. After the Leg has been cut out Ham-Faſhion, let it be a Day or two before it is meddled with, then beat only the fleſhy Side of it with a Rolling-pin, rub the Leg all over with one Ounce of powder'd Salt-petre, and let it lie thus eight and forty Hours; next mix two Handfuls of common Salt, with one Ounce of Sal Prunella finely beaten, one Handful of Bay-ſalt, and one Pound of coarſe Sugar. Theſe, as I ſaid before, muſt be warmed in a Pan till they are near melting, and then while they are ſo warm, muſt be ſoundly rubbed with more common Salt all over the Ham, in an earthen glazed Pot; when the Ingredients are all diſſolved into a Brine, turn the Leg or Ham twice a Day with a Pocket Fork for three Weeks together, then take and dry it as Bacon is dried.—This is a very ſtrong Brine, and may ſerve as an excellent Pickle for Bacon, Pork, Beef, *&c.* *&c.* — The Uſe of coarſe Sugar in ſalting or pickling of Bacon, Pork, Beef, Mutton, *&c.* may perhaps be wonder'd at, particularly if mixed in a Pye with Salt and Pepper, *&c.* but it has been often found to add a tender Shortneſs to the Meat, and give it a delicate Reliſh beſides. Thus when Sugar

is uſed in the Cure of Bacon or pickled Pork, it is ſaid to be as effectual in the curing of them as Salt. And it is well known, that Salt cauſes all Meat it is applied to for keeping, to be hard and dry; whereas Sugar makes the Fleſh eat tender, ſhort, and ſweet. Thus as Sugar has a great Spirit in it, it is thought that it will, with half the Quantity of common Salt that is uſually made uſe of, preſerve Fleſh a Year together ſound and good.—— But to be further particular in making a right Pickle or Brine for keeping Bacon, or Hams, or Tongues, or other Meat in—Boil in five Gallons of Water (whereof the Spring Sort is beſt) a Quarter of a Pound of Salt-petre, one Pound of Petre-ſalt, four Pounds of Bay-ſalt, two Ounces of Sal Prunella, and eight Pounds of brown Sugar; boil all fifteen Minutes, ſcum it well, and when cold put in your Meat, to keep five or ſix Weeks, more or leſs.

Rabiſha's *Method to bake a Gammon of Bacon.*—He ſays, firſt boil the Gammon tenderly, then take off its Skin, *&c.* ſeaſon it with Pepper and a little minced Sage, ſtick the upper Side with Lemon-peel, and then put it into a good butter'd Cruſt, or in an earthen Pan, or pewter Diſh, cover'd over with a paſty Cruſt; but before you put on the Cover, lay on it ſome Pieces of Butter, and when it is out of the Oven, pour melted Butter over it.—Or boil an Onion or two in Claret with minced Sage, and a few ſweet Herbs, thicken'd with Butter.—This is good, eaten hot or cold.

To roaſt a Ham.—This is to be done by firſt boiling it tender, and then ſtripping off its Skin; when on the Spit, beſmear it with the Yolks of Eggs, Crums of Bread, and ſhred Lemon-peel, and make this ſerve for baſting it ſeveral Times as it roaſts.—A Gammon, either boiled, baked, or roaſted, may be made an exquiſite dainty Diſh with Pigeons, or Chickens, *&c.* or eaten with Brocoli, Cabbage, or Collyflower.

The ill Qualities of Bean-fed Bacon, and that from Swine fatted on Diſtillers Waſh, Butchers Offald, &c.—— Bean-fed Pork and Bacon is ſomewhat like Horſefleſh in Compariſon of Peaſe-fed Pork and Bacon, becauſe the Beans make the Hog's Fleſh of an ill Colour, and coarſe withall, give it a thick Rind or Skin that will crack and part in boiling, eat rank, and is accounted by the Knowing ones to be a Groat worſe in a Stone than a Peaſe-fed

Hog. — So Swine fatted on Diſtillers Waſh, as Thouſands in a Year are at *London* on that and Butchers Offald, *&c.* I ſay, that the Pork and Bacon of theſe are of a flabby Nature, and will (notwithſtanding the Hardneſs that Salt-petre gives it) loſe much of their Fat in boiling. In *September* and *October* 1748, great Numbers of Waſh-fed Hogs (I was informed) were driven from Place to Place in *Hertfordſhire*, to ſell ready fatted for Pork or Bacon, becauſe, as it was ſaid, *London* was glutted with their Bacon. Wherefore it concerns all Gentlemen, Tradeſmen, and others, in Cities and Towns, particularly in the opulent City of *London*, who buy all the Bacon and Pork they uſe, to prefer ſweet, wholeſome, good Peaſe-fed Country Pork and Bacon, as fed in *Hertfordſhire*, and other Chiltern Countries.

To roaſt a Gammon of Bacon. — FRESH it by ſoaking it in warm Water, then tear off the Skin, and let it lie with only a Quart or three Pints of Raiſin Wine, Mountain Wine, or Sack, in a glazed or pewter Diſh, one Day; then ſpit it, and roaſt it with Paper before it, baſte it moſt part of the Time with the ſame Sack, *&c.* and at laſt ſtrew over it minced Parſley mix'd with Crums of Bread.

To boil a Gammon of Bacon.—SOAK it in cold Water for three Days, ſcrape and rub it with a Bruſh, boil it with Sage, Roſemary, Thyme, Marjoram, and Fennel, with ſome Bay Leaves; this done, tear off the Skin, and ſtick it with Cloves; to be eaten hot or cold.

Of the Feeding of Boars, and making Brawn of them.

THE Caſe of a Gentleman, who had a Boar almoſt ſpoiled by the wrong Management of a Servant.—— THE Boar I am writing of had been kept by a worthy Nobleman indeed, who for his Hoſpitality, and generous Entertaining his Neighbours, is in very great Eſteem in the Country about him. The Boar was almoſt three Years old, when he was put up to fat for Brawn againſt *Chriſtmas* 1745, and although he was for this Purpoſe feeding near twelve Months, was yet in a lean Condition

at

at Killing-time. The Reaſon of which was, the Gentleman's Servant had no more Wit than to put the Boar up in a Stye, that was contiguous to ſeveral others, where Sows and Barrow Hogs were kept; ſo that there was only a bare Partition of Boards between one and the other. This made the Boar fret to that Degree, that his Meat did but little more than keep him alive. However, when the Time of Year was come for killing him, the Nobleman ſent for our *Gaddeſden* Butcher, becauſe he underſtood this Art better than all others in the Country about him. When he view'd the Boar, he told the Lord, he was not fit to kill for Brawn, as being too lean for the Purpoſe; but this did not ſatisfy him, for he inſiſted upon his being killed for Brawn. On this the Butcher, who lived ſeven Miles from him, ſaid, if he would but ſend the Boar to his Houſe, where he had good Conveniencies, he would do his beſt to make Brawn of him; accordingly a ſtout Man was appointed to drive the Boar, but when he was out of the Stye, he ran about the Nobleman's Park which Way he pleaſed, ſo that they were obliged to have him into the Stye again, where they halter'd and bound him, and carried him in a Cart to the Butcher's Houſe, who in two Days Time killed him.

How the Boar before mentioned was dreſſed by the Butcher for making Brawn of him.—AFTER the Boar was ſtuck and dead, the Butcher poured ſcalding Water over its Carcaſe, and then directly rubbed in a Quantity of powder'd Reſin, and upon that more ſcalded Water, to make the Hair rough and matt, for the better being pulled off; in the ſame Manner as he does the leaſt Pig. For a Porker, the Water muſt not be boiling hot, becauſe if it was ſo, it would ſet the Hair, rather than help to make it part eaſily from the Fleſh; but a Boar-ſkin will admit of ſcalding Water. Now to make the beſt of ſuch a lean Boar, the Butcher cut off all the Fat and all the Lean from off the Bones of a Neck of Pork, and ſtuft this Meat in between the Lean and Shield of the Brawn, for that the Fat of a Neck of Pork is harder than any other Part of the Hog, and therefore fitteſt for this Purpoſe. This done, he with ſufficient Help made Rollers of the Brawn, by twiſting up the Fleſh as tight as they could with a Cord, and when they had well girted it, they immediately bound the Roller about with Tape: Thus they did by every Roller of Brawn, and then hung the Rollers

by Strings on croſs Sticks placed over a Copper of Water, and boiled them; and when the Rollers, that before hung down lengthways, turned broadways in boiling, they were taken out and bound tighter, and thus boiled on for about nine Hours in all, which is enough for the Fleſh of a young Boar, becauſe there ought to be three Hours Difference in the boiling of a young Boar and an old one; for if a young Boar's Fleſh was to be boiled twelve Hours, as an old Boar's ſhould, the Fat would be apt to boil out too much. Yet this happens more or leſs, as the Feed of the Hog is; for if he was fed with hard Hog Peaſe or Beans, the Fleſh will not loſe its Fat, like that fed with flaſhy Meat. However, as this Boar was fed with ſuch hard Meat, and the Fat and Lean of a Neck of Pork was added to it, it made this young lean Boar's Fleſh look marbled-fat. And thus it eat moiſt, ſweet, and very tender.

The Caſe of another Gentleman, who in buying and feeding a Boar for Brawn, loſt moſt of it.—THIS Gentleman lives in *Hertfordſhire*, about twelve Miles diſtant from the other, who, in the Year 1746, bought a Boar, about ſeven Years old, that was extreamly poor, for making Brawn of him; when it was brought home, his Servant put him up to fat on good Peaſe; but in about ſix Weeks Time the Boar fell off his Stomach, and would not eat. Upon this he was adviſed to alter his Meat, and feed him with Barley-Meal, and then the Beaſt recovered his Stomach, and fed till he was killed, three Weeks after, nine Weeks in all. This gave the old Boar a quick but flaſhy Fat, inſomuch that it boiled almoſt all away; for as ſuch an aged Boar requires at leaſt twelve Hours boiling, to get the Shield tender and ſoft, near all his Fat was boiled out, and lay at the Top of the Water, to the Quantity of almoſt a Pail-full, which was good for little elſe than to greaſe Cart-Wheels with. This occaſioned the Butcher, who killed the Boar, and managed the Brawn to the laſt, to new bind the Collars of Brawn ſeveral Times in their boiling (for altho' he did with much Help bind up the ſtubborn Shield of ſuch an old Boar, yet he could not prevent the Loſs of the Fat:) And to know when the Collars wanted new binding, they were tied by a String to a Stick, that lay croſs a deep Copper (for a ſhallow one is improper for this Work, becauſe they muſt not touch its Bottom) and the Collars of Brawn, that before hung pendent longways, now turned broadways: Then it was that they were new bound with broad Tape, and

boiled

boiled again, and this was done ſeveral Times, till, at laſt, a Roll or Collar, which at firſt was as big as a Child's Body, by ſuch Waſte of Fat became no bigger than a Man's Arm is thick, inſomuch that there was hardly any Fat left in it; nor would this Brawn have been fit to be brought to a Table, had not the Butcher interlaced the Lean of it with ſome fat Bits of a Porker.

Obſervations on the Caſe of this Gentleman, who had bad Brawn inſtead of good Brawn; and how Brawn is to be managed to have it good.—THIS Misfortune happened, as I ſaid, thus, The Gentleman bought a Boar for making his *Chriſtmas* Brawn, that was very poor, and alſo very old, and by feeding him a very ſhort Time on Barley-Meal, his Fat became ſo very looſe and flabby, that it melted out in boiling; not but that he was obliged ſo to do, becauſe as the Boar was a very old one, and very poor withall, his Stomach could not digeſt the hard, dry, grey Hog-peaſe he at firſt was fed with, for he at laſt dung'd them whole, and then went off his Stomach, and muſt have been worſe than he was, had he not been fed with the ſoft Meat of Barley-meal. Now an old Boar by ſome is preferred to a young one for making Brawn of, and they aſſign you this Reaſon for it, ſaying, That the Shield (the beſt Part of the Brawn) of an old Boar is thicker than that of a young one. Others with more Reaſon prefer a Boar of three or four Years old, as the fitteſt to make good Brawn of, becauſe he will feed and fat the kindeſt on hard grey Peaſe, which will give him a hard Fat, a mellow Lean, and a good Shield; when ſuch a Boar is thus fed fat, if the Butcher does not make a delicate Brawn of him, it is his Fault. And to do it, he firſt ſoaks the Fleſh of the Boar ten or twelve Days in cold Water, every Day ſhifting it, and duly obſerving at every ſhifting to ſcrape and thin the Shield, for by this cleanly Management the freſh Water not only extracts and waſhes out ſome Rankneſs of the Boar's Fleſh, but alſo adds to it an agreeable Whiteneſs. When this is done, the next Thing is to bind and boil the Collars of Brawn; to bind them requires the Help of two Men at leaſt, for they muſt be bound extreamly hard with white Tape of a Penny a Yard, of which there muſt be employed many; as this Gentleman's Boar took up above an hundred. To boil them, there muſt be a Copper of Water provided, wherein muſt be put a Peck of the fineſt whiteſt Oatmeal, with ſome Milk,

Bay-leaves, and Roſemary, for increaſing a Whiteneſs in the Brawn, and giving it a ſavoury pleaſant Tang: Here it ſhould boil as gently as poſſible ten or twelve Hours, till a Straw can be run through the Brawn; but I am informed, that ſome, inſtead of tying up the Collars with Tape only, put them beſides into a Trunk or Mould of Tin, made ſo, that as the Brawn ſhrinks in boiling, a Collar is taken out of the Copper, and directly ſcrewed tighter; by which Means the Fingers are prevented ſcalding, and much Time and Trouble ſaved, that otherwiſe muſt be expended in drawing the Collar tighter with Tape and Hands.

Rabiſha's *Method of collaring and ſouſing Brawn.*—YOUR Brawn being ſcalded and boned, of each Side you may make three handſome Collars; the Neck-collar, the Shield-collar, and the Side or Flank-collar. If your Brawn be very fat, you may alſo make the Gammon-collar behind, otherwiſe boil and ſouce it. This being water'd two Days, ſhifted three or four Times a Day, and kept ſcraped, waſh it out, ſqueeze out the Blood, and dry it with Cloths. When it is very dry, ſprinkle on Salt; ſo begin at the Belly, and wind it up into Collars; but in caſe you can ſtow more Fleſh in the Flank, or in the Collar, you may cut it out of other Places where there is too much, or from the Gammon. This being bound up, as you would bind a Trunk, with all the Strength that can be obtained, put it into your Furnace or Copper, and when it boils ſcum it; but you muſt be careful it is kept full of Liquor, and continually ſcummed for the Space of ſix Hours; then try with a Wheat-ſtraw if it be very tender, and cool your Boiler by taking away the Fire, and filling it conſtantly with cold Water, ſo ſhall your Brawn be white; but if it ſtands or ſettles in its Liquor, it will be black: Then take up your Brawn, and ſet it up on End on a Board. Your Souce-drink ought to be Beer brewed on purpoſe, but if it be of the Houſe-beer, then boil a Pan of Water, throw therein a Peck of wheaten Bran and let it boil, ſtrain it through a Hair Sieve, and throw in two Handfuls of Salt, ſo mix it with your Beer aforeſaid, and ſouce your Brawn therein. You may take half a Peck of white Flower of Oatmeal, mix it with ſome Liquor, and run it through a Hair Sieve, and it will cauſe your Souce to be white: Milk and Whey are uſed in this Caſe; but your Milk will not keep

keep ſo long: You may put both in the boiling thereof, it will cauſe it to boil white: Keep your ſouced Brawn cloſe covered, and when it begins to be ſour, you may renew it at your Pleaſure, by adding freſh Liquor.

What Mr. Bradley *ſays of feeding, making, and ſoucing of Brawn, in his* Country Houſewife, *page* 186.—It is to be obſerved, that what is uſed for Brawn, is the Flitches only, without the Legs, and they muſt have the Bones taken out, and then ſprinkled with Salt, and laid in a Tray or ſome other Thing to drain off the Blood; when this is done, ſalt it a little, and roll it up as hard as poſſible, ſo that the Length of the Collar of Brawn be as much as one Side of the Boar will bear, and to be (when it is rolled up) about nine or ten Inches Diameter. When you have rolled up your Collar as cloſe as you can, tie it with Linen Tape as tight as poſſible, and then prepare a Cauldron with a large Quantity of Water to boil it. In this boil your Brawn till it is tender enough for a Straw to paſs into it, and then let it cool, and when it is quite cold, put it in the following Pickle: Put to every Gallon of Water a Handful or two of Salt, and as much Wheat Bran, boil them well together, then ſtrain the Liquor as clear as you can from the Bran, and let it ſtand till it is quite cold, at which Time put your Brawn into it; but this Pickle muſt be renewed every three Weeks. Some put half Small-beer and half Water, but then the Small-beer ſhould be brewed with pale Malt; but I think (ſays he) the firſt Pickle is the beſt. *Note*, The ſame Boar's Head, being well cleaned, may be boiled and pickled like the Brawn, and is much eſteemed.—— In another Place, *page* 110, he ſays, A Boar ought to be put up at *Midſummer* to be fed for Brawn againſt *Chriſtmas*, when it ſells beſt, even for one Shilling per Pound; and it ſhould be an old Boar, becauſe the older he is, the more horny will the Brawn be. We muſt provide for this Uſe a Frank, as the Farmers call it, which muſt be built very ſtrong to keep the Boar in, and ſomewhat longer than the Boar, but in ſuch a Manner, that the Boar muſt not have Room to turn round. The Back of this Frank muſt have a ſliding Board to open and ſhut at Pleaſure, for the Conveniency of taking away the Dung, which ſhould be done every Day; when all this is very ſecure, and made as directed, put up your Boar, and take care that he is ſo placed, as never to ſee or even hear any

Hogs;

Hogs; for if he does, he will pine away, and loſe more good Fleſh in one Day, than he gets in a Fortnight; he muſt then be fed with as many Peaſe as he will eat, and as much ſkim Milk as is neceſſary for him. This Method muſt be uſed with him, till he declines his Meat, or will eat very little of it, and then the Peaſe muſt be left off, and he muſt be fed with Paſte made of Barley-meal, made into Balls as big as large Hens Eggs, and ſtill the ſkim Milk continued, till you find him decline that likewiſe, at which Time he will be fit to kill for Brawn. Theſe Directions to make Brawn, by Mr. *Bradley* and *Rabiſha*, are all pretty well to the Purpoſe; but to make Brawn by the following printed Receit, in a Houſewife's Book, is very inſipid indeed; it begins thus—*To make Brawn* —— When it is cut up, ſays the Author, and boned, let it lie two Days and Nights in Water, ſhifting it each Day into freſh Water; when you come to roll it up, dip it in warm Water, and ſalt it well; then roll it up, and boil the leaſt Roll ſix Hours, and the biggeſt nine.—— Another printed one, more inſipid than the laſt, ſays thus, *To keep Brawn*, Take ſome Bran, put it in a Kettle of Water over the Fire, and two or three Handfuls of Salt; boil this up, ſtrain it thro' a Sieve, and when it is cold, you muſt put your Brawn in it.

To bake Brawn by an old Receit—Which ſays, Take two Buttocks, and hang them up two or three Days, then take them down and dip them in hot Water, pluck off the Skin, and dry them very well with a clean Cloth. When you have ſo done, take Lard (that is to ſay, the Flair of a Hog) cut it in Pieces as big as your little Finger, and ſeaſon it very well with Pepper, Cloves, Mace, Nutmeg, and Salt; put each of them into an earthen Pot; then add a Pint of Claret Wine, and a Pound of Mutton Suet, and ſo cloſe it with Paſte. Let the Oven be well heated, and ſo bake them. You muſt give Time for their baking, according to the Bigneſs of the Haunches, and the Thickneſs of the Pots; they commonly allot ſeven Hours for the baking of them. Let them ſtand three Days, then take off the Cover, and pour away all their Liquor; then have clarify'd Butter, and fill up both the Pots to keep it for Uſe. It will thus keep very well two or three Months.—— Or you may pickle a Boar's Head, by either ſcalding off the Hair of it, or burning it off with Wheat-ſtraw. If by the latter Way,

rub

rub off the ſtubbed Ends of the Briſtles with a Brick-bat and Knife; then open the Head by its under Side, and take out all the offald Bones, Brains, and Tongue; but not cut the Skull-ſkin in two. Next lay it in Salt two or three Days, at the End of which make ſeveral Holes in the Fleſh, and ſtuff them with Salt; then tie up the Head in a Linen Cloth, and put it into a Kettle of Water with Sweet-Herbs, Bay-leaves, Onion, Roſemary, and Spices, and (if you will) a Bottle of Claret; boil it eight or ten Hours, till it is very tender.—This is to be eaten cold like Brawn, by laying the whole Head on a Table, and cutting it out at pleaſure. And by the ſame Way any Hog's Head may be prepared and eaten.——— Or you may prepare and keep a Hog's or Boar's Head in this Manner: Scald or burn off the Hair or Briſtles of it, as before directed, very clean, then take out the Brains, and boil the Head ſo tender, that all the Bones may eaſily be taken out, then take the Fleſh from the Skin, and mince it while it is hot; ſeaſon it with Spice, and ſqueeze it very tight down in a glazed earthen Pot for keeping; or you may keep it in a Pickle made of the Water it was boiled in, with Salt, and a very little Pepper. This is to be cut out in Slices at pleaſure, and eaten with Vinegar or Muſtard is excellent.

To roaſt the Fleſh of a Boar.—Sir *Kenelm Digby* ſays, that at *Frankfort* in *Germany* they roaſt a wild Boar; but firſt, they lay the Fleſh to ſoak ſix, eight, or ten Days in good Vinegar, wherein are Salt and Juniper-berries bruiſed (if you will, ſays he, you may add bruiſed Garlick or what other Haut-gouſt you pleaſe) the Vinegar coming up half way to the Fleſh, and turn it twice a Day; Then if you will you may lard it; when roaſted it will be very mellow and tender. They do the like with a Leg or other Parts of freſh Pork.

Rabiſha's *Way to bake Brawn to be eaten cold.*—Take (ſays he) your raw lean Brawn, that is not uſeful to collar, and as much fat Bacon, mince them ſmall together, and beat them in a Mortar; beat a good Handful of Sage with them; ſeaſon them with ſome Pepper, Salt, and beaten Ginger; pour in a little Vinegar, and break in a Couple of Eggs; you may make a cold Butter Paſte in a Sheet Form, and lay this your prepared Meat on it; put in Butter, and a few Bay-leaves on the Top, and ſo cloſe up your Paſty for baking.

Sir

Sir Kenelm Digby's *Way to bake Collars of Brawn.*—It muſt, ſays he, be a very hot Oven, and therefore be eight Hours heating with Wood; if the Brawn is young, eight Hours in the Oven will do; if old, ten or eleven. Put but two Collars into an earthen Pot, with twelve Pepper-corns, four Cloves, a great Onion quarter'd, and two Bay-leaves; fill the Pot not quite full of Water when you ſet in, but fill it full when in the Oven. The Cloths on the Collars muſt not be pulled off, till they have been three or four Days out of the Oven. To keep the Collars afterwards in a ſoucing Drink—Boil Salt in Table-beer, when cold put to it two or three Quarts of ſkin Milk to colour it, and change the Liquor once in three Weeks. Such pickled Brawn cut in thin Slices, and eaten with a Mixture of Pepper, Salt, Vinegar, Oil, and Muſtard, is by ſome eſteemed good eating.

The Management of Sows and their Pigs.

WHY the Inſpection and Care of a Sow and Pigs belongs to the Country Houſewife.—As there is one or more Sows generally kept in a Farm Yard, I think it may be ſaid the Inſpection and Care of her belongs to our Country Houſewife when ſhe has pig'd; becauſe the Pigs, if they are not her Perquiſites, yet as ſhe makes Waſh from her Kitchen, ſkim Milk from her Dairy, and Grains from her Brewings, ſhe has here an Opportunity for putting them to a profitable Uſe, by feeding her Sow with them, and fatting her Pigs with the greateſt Expedition; for on this Account, no Meat comes up to wet Meat, as it produces the moſt Milk. Therefore all Waſh made of pot Liquor, ſkim Milk, or Whey, or from Brewing, when mixt with Barley-meal, or Bran, or Grains, is a proper Food for a Sow that ſuckles Pigs.

The Management of a Farmer who lived at Eaton *in* Bedfordſhire, *whereby he generally had ſucking Pigs all the Year.*—This Farmer kept twenty Cows and a Bull, and alſo three breeding Sows, which brought him ſo many Pigs, that he ſeldom was without ſome all the Year, for as he had much Milk and Grain beſides, he was furniſhed with the very beſt of Food, for maintaining his

his Sows in the greateſt Heart, and in the moſt Milk. Accordingly he gave them full Quantities of ſkim Milk and no Whey, becauſe he thought Whey was not good enough for milch Sows, and would let them go abroad, during the Summer Seaſon, to graze in his Meadows next his Houſe; and when they came home, he would give them two or three Diſhes ofHorſe-beans every Day (for in this Vale of *Aylesbury* there are but very few Peaſe ſown) to keep them in Heart for ſuſtaining the Suckling perhaps of ten, twelve, or more Pigs each Sow. Nor can any make whiter, ſweeter, or fatter Pigs than Dairymen-Farmers; becauſe they certainly have the greateſt Conveniences for doing it, as I ſhall ſhew in my next Account of it.

How a Woman made near four Pounds a Year, by the Pigs of only one Sow.—A FARMER's Wife, that kept five Cows, had the ſole Management of the Sow and Pigs, and took ſuch Care, that when ſhe went out, and but daubed her Legs, ſhe obliged her Maid to waſh and clean them, leſt her Tail might dirty the Milk and give the Pigs a Diſtaſte of it; ſhe alſo ſaw that the Maid duly litter'd the Sow and Pigs with clean Wheat-ſtraw twice a Day; and for increaſing and preſerving her Milk, ſhe always kept a Sack of Pollard by her, in Readineſs for mixing a Handful or two in ſome ſkim Milk every Time ſhe fed the Sow, for ſhe preferred the Pollard to Barley-meal and all other ſoft Meats: (As to Barley-meal, it is a Notion many are poſſeſſed of, that it is too hot a Food for a milch Sow, and thereby tends to the drying up of her Milk, yet allow, that Kernel is neceſſary to be given to a Sow beſides Milk and Pollard) For as a Sow with many Pigs will grow lean and faint, if not ſuſtained with good Meat, ſhe, as moſt People living in Vales do, thinks that Horſe-beans are the moſt ſtrengthening Food of all Grain; and therefore two or three Diſhes of them are given every Day to a ſuckling Sow, which hold about a Pint each. Thus this Farmer's Wife went on feeding her Sow in the beſt Manner, cauſing the Pigs to have white Fleſh, white Skin, and white Hair; ſo that at three Weeks old, or thereabouts, ſhe commonly ſold them for three Shillings, or three Shillings and Six-pence, each Pig, to the *London* Higler, at *Dunſtable* Market, or at *Hempſtead* Market; but if they did not anſwer their Character, the Pigs were either returned to her, or elſe ſhe muſt take a very low Price;

Price; for theſe Higlers are ſuch Connoiſſeurs, that when they (according to their Cuſtom) hold up a Pig by its hind Leg, and perceive any thing of a reddiſh Colour between them, they are diſpleaſed, and the Owner muſt come off with the leſs Money: So when a ſucking Pig is kept a Month or more before it is ſold, it then by Age acquires a reddiſh Skin, that leſſens its Value, for the Higler well knows, that aged Pigs will eat rank and diſpleaſe his Cuſtomers; but when a ſucking Pig is three Weeks and a half old, it is then of a right Age: And if a Sow-pig is thus aged, and white fatted in the ſweeteſt Manner, it is (if rightly dreſſed) a Diſh for a King. Now there is no Loſs in keeping a ſuckling Sow up in the greateſt Heart, for if ſhe don't pay keeping fat, ſhe won't pay keeping lean; and if ſhe is thoroughly well kept, ſhe will certainly take Boar, on the turning of her Milk, (which will be preſently after the Pigs are ſold off) and breed again. By this Method, this Woman had generally five Litters of Pigs in two Years from one Sow, that ſhe ſold fatted for near ſeven Pounds; for if a Sow is kept on a full Allowance of Meat, there need little Time be loſt in her Breeding, becauſe the general Part of theſe Creatures are ſo prone to take Boar on full keeping, that ſome Sows will take him before the Pigs are ſold off. But when it ſo happens, it is an Obſervation made by Hog-dealers, that the ſucking Pigs of ſuch a Sow are the worſe for it, by reaſon it damages her Milk.

The Method that a prudent Perſon took to manage a Sow before and after Pigging, and to cauſe his Pigs to have white ſweet Fleſh.—This Perſon, more careful than hundreds of ſome others, always obſerved to let his ſuckling Sow feed every Time from her Pigs, leſt the Pigs were made the worſe, by letting the Sow feed in the ſame Stye where they lay. To this End, whenever he fed his ſuckling Sow, he always let her out of the Stye from her Pigs into another adjoining Stye, for if ſhe was fed out of a Trough that ſtood in the ſame Stye, the Pigs would be apt to lick the Waſh or other ſoft Meat that is ſlobber'd about it, loſe Part of their Appetite, and acquire a coarſe reddiſh Fleſh. This Method is duly practiſed by a near Neighbour of mine, who I am perſuaded makes as much Money of his Pigs as any Man in our Country, and is what every good Huſband and Houſewife ought to practiſe, where Conveniency allows it; for which Purpoſe, I have

two

two Styes ready to feed and keep my Sows from their Pigs at Pleaſure, and find no little Benefit by it. Hence I am to obſerve, that it is not only to write of fatting a Hog, and making his Fleſh into pickled Pork or Bacon, but you may ſee here, that there are ſeveral important Matters beſides, that are abſolutely neceſſary to be wrote of in a Book intituled *The Country Houſewife*, relating to theſe ſerviceable Animals, although never taken notice of by any Author before, which occaſions me therefore to be the more particular on this Subject. But I muſt further obſerve to my Reader, that it is mine as well as the Perſon's Practice I write of, never to let a Stye be litter'd with much Straw, when a Sow is going to pig, becauſe if it is, the Pigs are apt to be ſmother'd; and when ſhe has pig'd (if ſhe pigs in the Day-time) carefully to attend the taking away her Glean, though ſome are careleſs of it. And when ſhe has pig'd her Litter, and is gone out of the Stye the firſt Time, we ſcatter a Handful of Wheat-ſtraw over the Pigs, and when ſhe returns to them, we take the Straw off, that ſhe may the better ſee and ſuckle them. Then we take the Opportunity of ſcattering a little more Straw on the Sow; and ſo on, increaſing the Straw by Degrees, and giving the Pigs and Sow a ſmall Matter of it at a Time twice a Day: Thus we think ſuch Management tends much to nouriſh the Pigs, keep them clean and white, and force on them a quick Growth.

The Caſe of a Gentleman, who loſt ſeveral of his ſucking Pigs, by Means of his Sow eating ſouriſh Apples.—This worthy Gentleman, whoſe delightful Seat I was at in 1746, lying in the County of *Kent*, for delivering to him ſome of my fine profitable Ladyfinger natural Graſs-ſeed, Tyne Graſs-ſeed, and Honeyſuckle Graſs-ſeed, for ſowing them, to convert his plow'd Ground at once into a natural Sward, for making a little Park or Paddock of it, to keep a few Deer in, *&c.* was pleaſed to tell me he had a Sow that, while ſhe ſuckled her Pigs, eat ſome Stampings of Apples that were a little ſouriſh, which had ſuch an Influence on her Milk, as to alter it ſo much for the worſe, that it killed ſeveral of her Pigs.—Which leads me to obſerve to my Reader, by Way of Advertiſement, that I ſell theſe moſt excellent Graſs Seeds, that may give an Opportunity to convert plow'd Ground into Graſs Ground at once, without Loſs of Time; by ſowing

theſe

theſe Seeds amongſt Barley or Oats, under ſuch a peculiar Management, by my Information, as will aſſuredly keep the Seeds and the Infant Crop of Graſs from the Damage of Inſects and Weather, and produce a plentiful Crop of ſuch Graſs, preſently after the Grain is carried off, and continue ſuch for ever, if huſbanded accordingly. Thus a Perſon may come by the very beſt of Graſs Ground, free of thoſe naſty prejudicial Seeds of Weeds, that accompany Hay-ſeeds taken promiſcuouſly out of Hay-lofts; and thereby the Cows which feed on this Graſs will yield Milk, Butter, and Cheeſe, that excells, I believe I may ſay, moſt or all other Sorts, fats a Beaſt preſently, and gives them the ſweeteſt of Fleſh. And thus this Gentleman incloſed about forty Acres of Land with Pailing (Park-like) chiefly becauſe it prevents the Approach of Huntſmen too near his Seat by Day, and Poachers by Night; a new Sort of Management, and which, very probably, may give a Gentleman more Pleaſure, than if he occupied a thouſand Acres of Field Land.

Sow burſted.—A FARMER living near *Ivinghoe*, in the Vale of *Ayleſbury*, having a Sow kept up that fed on Beans for fatting, gave her ſuch a large Quantity of Whey at once, as ſwelled the Beans in her Maw to that Degree as burſted her; for if a fatting Hog is neglected giving Water to, and comes to drink greedily on ſweet Whey, it alone will endanger its Life, but much more when it is drank in great Drought on a Belly-full of dry Horſe-beans. Therefore where great Dairies are carried on, Perſons ought to be more than ordinary careful on this Account, leſt they meet with the ſame Loſs this Farmer did, whom I was well acquainted with; but I ſuppoſe it to be the Fault of his Servant, for he himſelf was a Man of good Judgment in the Farming Buſineſs.

Sow killed by Accident.—IN the Harveſt-time of 1747, a Woman living at *Edleſborough* in *Bucks* kept two Sows, one was to pig the ſame Day ſhe died, which was occaſioned by the Sow's getting her Head through a Hedge or Pale, where, by ſtraining to draw her Body after her, it ſo ſqueezed her Belly, as to kill her and her Pigs: The other was killed in the following Manner.

A Sow killed by a wrong Medicine.—THE ſame Woman having loſt one Sow, the other pig'd well; but they had

had given her ſomething that had alter'd her Milk ſo, that the Pigs all ſcour'd: This made her get Advice, how to cure her Pigs; and to do it, ſhe boiled twelve Dozen of Corks in Milk, and gave it to the Sow, which bound both the Sow and Pigs to that Degree, as killed them all. Thus the poor Woman loſt her two Sows, and their Litters of Pigs, almoſt at a Time.

An Account of a Hog-doctor's Procedure to cure Swine that ailed nothing.—A THRESHER being at work in a Barn, as he came out of it, he happened to put his Foot on Hog's-dung; the Stink of which ſo offended our nice Workman, that in a Paſſion he ſtruck a Hog on the Head with his Flail, and made it reel. Now as a Hog is one of the moſt ſulky Creatures upon Earth, if a little out of Order, it went to a Straw-rick juſt by, and there lay till next Day; when the Farmer finding it, he ſent for a Hog-doctor from *Redbourne* in *Hertfordſhire*, who, on viewing the Hog, ſaid it had the Murrain, and would infect the ſix others it went with (for the Man that ſtruck it, would not own it) upon this he was employ'd, and had half a Crown a Drink for all of them.

A Sow poiſon'd by drinking Broth.—A WOMAN having a Sow, ſhe committed a Miſtake in boiling a poiſonous Herb for a healthy one, for giving the Broth to her Sow, it poiſoned and killed her: The Caſe was this, ſhe wanted ſome Herbs to boil with her Meat, and as it is uſual with Country-women to gather them in the Fields in the Spring Time of the Year, this Woman gather'd what they call *Jack in the Hedge*, which ſhe took for the White-Aſh Herb, a Herb which grows amongſt Graſs; but it proved to be the firſt, that ſtinks like Onions, and yet by ſome is accounted a wholeſome Herb. But whether ſhe made the Broth too ſtrong of it, or it happened by ſome other unknown Means, the Loſs of the Sow was imputed to this Herb.

A Hog ſoon choaks.—THEREFORE what is given it by a Horn muſt be done with a Jirk, for if its Head is held up too long in giving it a Drink, it will be apt to choak.

A Sow killed by eating Brandy Cherries.—A Sow has died by eating too many Cherries that were ſteep'd in Brandy.

Several Hogs cured, that were jogg'd under their Throats by eating Acorns.—A FARMER, in our Pariſh of *Little*

Gaddeſden, having ſeveral of his Hogs, in a plentiful Year of Acorns, jogg'd under their Throat by eating them, made no more to do, than to heat an Iron red-hot, about the Thickneſs of one's Little Finger, and run it through the corrupted Knob or Bunch, which brought on a Suppuration, that run out a putrified Matter, and cured the Hogs. This Way he took without bleeding them by cutting off a Piece of each Hog's Tail, for then the Hog is apt to bleed to Death, eſpecially in hot Weather.—This Year (1747) the Acorns dropt the greeneſt that was known in the Memory of Man.

Hogs died with rotten Livers.—A PETTY Farmer had eight ſmall Hogs or rather Pigs that were kept ſo poor and ſtunted, that if they fell in a Cart-rut they could hardly get up, and thus were forced to eat the little Graſs they could find on a Common, and in eating it were forced to eat much Dirt, which rotted their Livers, and killed them.

Some Hogs killed by eating Acorns, and others cured.—IN the great Acorn Year of 1747, ſeveral Hogs died after they had done maſting, becauſe they had Acorns given then uncured. ——— A Woman near me had one that ſeemed mad by its running about and ſcreaming, inſomuch that it was thought bewitched; at laſt, they gave it Flower of Brimſtone in Milk out of a Horn, but not curing it, the next Day they gave it ſome Soot mixt in Piſs out of a Horn, which effectually unbound it, and made it dung a prodigious Quantity, ſo that it recovered and became a valuable Hog.

How to prevent Hogs being bound too much by eating Acorns.—OUR Way is to give our Hogs a Feed of boiled Turnips mixt with Bran, every Morning faſting, before they go into the Fields and Woods to feed on Acorns.

To keep Hogs in Health that feed on Beans or Peaſe for fatting. —— THESE are apt to bind Hogs much; if they are bound too much, it takes away their Appetite, therefore I commonly put ſome Pollard or Bran into the Water I give them to drink, for taking off its Rawneſs.

Sucking Pigs killed by giving the Sow Hops amongſt Grains.—THIS was true Matter of Fact, as it happened to a Neighbour of mine, who ignorant of the ill Effects of Hops, gave the Grains and Hops together to his ſuckling Sow, as they came out of a Copper, from being boiled to make a ſmall Beer which we call *Kettle-gallop*; that

that is to ſay, we put the ground Malt and Hops into Water and boil them together, then ſtrain out the Liquor, and work it with Yeaſt for ſmall Beer; the Grains of which, with the Hops, were given to the Sow, and cauſed the Death of five Pigs out of ten, and two of the reſt pined to that Degree that they were near dying. Now I cannot account for this Damage otherwiſe, than that I think the Hops being of a toughiſh Nature, the Sow could not digeſt them without much Difficulty, or that their acid Quality turned and curdled her Milk ſo as to ſpoil the Pigs. But to avoid this Evil, I have in my Treatiſe on brewing Malt Liquors, (intituled *The* London *and Country* Brewer, ſold by Mr. *Aſtley*, Bookſeller, at the *Roſe* in *Pater-noſter-row*, *London*) ſhewed a Way how to make Kettle-gallop ſmall Beer, and yet to feed a Sow ſafely on the Grains, free of the Damage of all Hops.

A Sow, juſt ready to pig, was poiſoned by drinking yeaſty Waſh.—THIS was my own Caſe. On the 26th of *Auguſt* 1746, I had a Sow juſt ready to pig, when my ſilly Maid-ſervant gave her a Pail-full of Waſh, made up with the yeaſty Grounds of Barrels, in the Evening; and next Morning ſhe was found dead, prodigiouſly ſwelled, with much Froth, that ſhe had diſcharged at her Mouth.—Now why the yeaſty Grounds of Barrels poiſoned the Sow, in my humble Opinion was, becauſe Yeaſt is of an acid Nature; and as the Grounds lay ſome Time in the Barrel after the Beer was drawn out of it, it acquired ſuch an Increaſe of its Acidity, as to gripe, poiſon, and ſwell the Sow; for whether Yeaſt is ſtale or new, it has a poiſonous ſwelling Quality in it, witneſs the Experiment I publiſhed (in my ſaid *Brewing Treatiſe*) of a Dog purpoſely kept hungry for eating a yeaſted Toaſt, which in a very little Time ſwelled and killed him. And why it has not the ſame Effect on the human Body by Bread is, becauſe there is but little uſed in making it, and that being mixed with much Water and Flower, the Fire of the Oven renders it entirely harmleſs: Therefore let this be a Warning to all that read it, never to ſuffer any yeaſty Grounds of Barrels to be mixed with any Meat that is given to Hogs, leſt it kill them as it did my Sow.

Hogs damaged by eating Hens Dung.—THIS happened in my Neighbourhood thus: A Farmer bought two Pigs for fourteen Shillings of a Hog-dealer, to keep and fatten; but

was forced to ſell them again for the ſame Money, after keeping them long enough to be worth near as much more, and this becauſe they took to eating the Dung of a Parcel of Hens, as it fell from under them, while they rooſted upon an Elm-Tree that ſtood near the Farm-Yard.

How a Sow brought a Litter of four and twenty Pigs, and how ſhe was managed to bring them up, till they were ſold for five Shillings a Piece.—My next Neighbour, who keeps a Breed of Hogs between the *Berkſhire* and *Leiceſterſhire* Sort, had a Sow of an ordinary Size, that on the third Day of *Auguſt*, 1747, brought him four and twenty Pigs all alive at one Litter, but all of them died except three, in a very little Time; yet I know a Brewer that lives at *Albury* near *Gaddeſden*, who had the like Number of Pigs at a Litter from one Sow, and preſerved them all alive, till he fatted and ſold them for five Shillings a Piece; but to do this, he was obliged to keep the Pigs in two Styes, and the Sows as well as poſſible. *N. B.* I knew a Sow of the black foreign Breed kill ſeven Pigs ought of nine, becauſe the Farmer was ſo ſilly to confine her contrary to her Nature in a Stye.

How cheaply a Woman kept a breeding Sow.—A Woman that has an Orchard containing about one Acre of Ground in my Neighbourhood ſays, ſhe gave no more than a ſingle half Peck of Pollard in a Day, at twice, mixt in Waſh, to her large Sow, which with what Graſs ſhe eat beſides in her Orchard, during the Summer Seaſon, maintained her well till ſhe pig'd.—Others give only a little Waſh at Night, after the Sow's grazing all Day in Clover.

A Sow that eat Chickens.—There are Sows that will eat Chickens, and none are more prone to this Miſchief, than thoſe of the wild foreign Breed, or thoſe between that Breed and the *Engliſh* Breed. A neighbouring Farmer had one that would run after them, and thus devoured his Chickens and young Ducks: The ſame has been my own Caſe; the beſt Cure for which I think is, to fat and kill ſuch a Sow, and buy in a more gentle Sort, and that I think is either the *Berkſhire* or *Leiceſterſhire* Breed, for moſt of theſe are truly gentle.

To dry away a Sow's Milk.—In Summer Time, when Sows that ſuckle Pigs are fed in Clover, or other green Vegetables, or when they are kept altogether on wet

Meat,

Meat, this is very neceſſary to be done, to prevent that deſtructive Diſeaſe, the Garget in her Bag or Udder, which if neglected may prove fatal to her; tho' if a Sow, when her Pigs are ſold off, is fed with Horſe-beans, or other dry Meat, we then ſeldom do any thing to her; but when it is neceſſary, you need only to rub in ſome Brandy over her Bag, and it will dry away her Milk at once uſing. But as Farmers have ſeldom Brandy by them, the tarring of a Sow's Bag will do as well.

To wean Pigs.—At a Month old, Pigs may be weaned, but if older, it will be rather better; and to wean them to make the beſt Hogs, it ſhould be done in the Month of *May*, for then the Summer hot Weather is before them, when good Waſh and Grains is then almoſt as good as Whey in Winter; and to wean them in the cheapeſt Manner we commonly let them go abroad with the Sow in Clover or other Graſs, and at their Return home, in the Evening, we feed the Pigs apart from the Sow, by giving them ſkim Milk, Whey, or good Waſh, with ſome Barley-meal, Pollard, or Bran amongſt it, and ſome dry Beans or Peaſe upon the Ground; or Barley, Oats, or Thetches. Others, who have no Corn, give them only Pollard or Barley-meal, mixt with Waſh or Water; but a little Kernel beſt keeps them from being ſtunted; for if a Pig is once ſtunted in its Growth, it requires ſome Time and extraordinary Coſt to recover it. Thus if Pigs are well fed with Waſh and Grains, *&c.* and Corn, beſides their ſucking the Sow, the Sow's Milk will ſoon decline, and in time ſhe will beat them off, and wean them from her. This Way of weaning Pigs by Degrees, by letting them go with the Sow in the Day-time, and feeding them beſides by themſelves, is, in my humble Opinion, the beſt Way of all others to make good Hogs.

When a Sow ſhould be killed for Pork or Bacon, in Pig or not in Pig.—It is a common Opinion that a Sow may be ſafely killed for pickled Pork or for Bacon, when ſhe has gone eight Weeks with Pig, or half her Time, for a Sow goes ſixteen in all, and pigs in the ſeventeenth. Others are of Opinion, that ſhe may be ſafely and profitably killed at nine Weeks End, becauſe the Pigs do not begin to hair till that Age; but when they are ſo old as to hair, they feed on the Sow's Flair, which leſſens her Fleſh, and alters it for the worſe.——I killed a Yelt or young Sow on the 17th Day of *November*, 1747, that weighed near

thirty Stone, with nine Pigs in her Belly, when ſhe was gone nine Weeks and three Days, and ſhe proved good pickled Pork, for the Pigs had hardly begun to hair. I might have made Bacon of her; but it ſometimes happens, that when a Sow has taken Boar, and we put her up to fatten, that ſhe ſtands not to her boaring; in this Caſe, we either drive her to Boar again, or elſe venture to fatten her without her taking Boar at all. Now, when it ſo happens, we obſerve as well as we can to kill her in the Mid-time between her boaring, which is about ten or eleven Days after ſhe has ſhewn Signs of it; for we reckon a Sow goes to Boar at every three Weeks End till ſhe ſtands to it, that is to ſay, till ſhe proves with Pig. Now to know which is the beſt Uſe to put ſuch a fatted Sow to, I ſhall here give my Opinion, and that is, for making Bacon of her; becauſe common Salt mixt with Salt-petre, Sugar, *&c.* with good drying, makes the Fleſh of a Sow eat ſhorter and better, than when it is pickled. For in the making of Bacon, the belly, thick-ſkin'd, fat, tough Part, is quite ſever'd from the Flitch, and moſtly put to the Uſe of making an offald Lard for Kitchen frying Uſes, *&c.* whereas, if the Sow is made pickled Pork of, this coarſe, fat Belly-piece is pickled with the reſt of the Meat. And although ſhe may be an old one when killed; yet being fatted with a ſweet Pea, or Barley-meal, or Pollard, her Fleſh will eat ſweet, and if rightly bacon'd will eat ſhort and pleaſant.

Of

Of Cheap, Approved, and Experienced

MEDICINES *and* REMEDIES

FOR

Divers DISEASES incident to Human Bodies.

THE firſt Medicine I here preſent the Public with is, according to the Gentleman's Character of it, the greateſt one in the World (and which I rather believe, as it comes from a diſintereſted, worthy Perſon, Owner of a conſiderable landed Eſtate, and one who, by his great Learning, Travels, and Experience, has found out and made many excellent Diſcoveries in Medicine, Agriculture, Mechanics, *&c.*) and from his Recommendation of it, it has been try'd at and about *Gaddeſden* in ſeveral Caſes of Diſeaſes in the human Body, and done great Service; particularly to my near Neighbour Mr. *Richard Hanowell*, who, having been afflicted with the King's-Evil a long Time, in and about his Head, ſo as to have ſeveral running Sores or Ulcers next his Cheek and Throat, was at the Expence of about five Pounds, for Bottles of Liquor to cure the ſame, from a famous *London* Practitioner in Phyſic and Curer of Evils, which, as Mr. *Hanowell* declared to me, made him worſe inſtead of better; then by my Advice he drank the Quickſilver-water, which he made from Time to Time by my lending him a Pound of Quickſilver that I bought for my own Uſe (for I take half a Pint of the ſame Water every Morning faſting, which frees me from all Cholicks, *&c.*) which has had ſuch ſalubrious Effects on Mr. *Hanowell*, that on the 25th of *October*, 1748, he ſhewed me the Places where his Ulcers for Years together run, ſo ſound, that he pinched the Parts as a Proof their Soundneſs, and they ſeemed to me to be as well as any other Part of his Face. And what is ſingularly honourable in this generous Gentleman, he, without any Obligation to me (though I am under much to him) has been pleaſed to correſpond with

me, I believe, to the Exchanging of near thirty Letters; not only on the Subject of Quickſilver, but likewiſe upon many Secrets of great Importance for the Good of his Country; which, with many others from different Gentlemen, I intend (as I have Leave for ſo doing) to publiſh, if I can meet with tolerable Encouragement.

The beſt Cure in the whole World for the *Pox*, *King's-Evil*, *Leproſy*, *Itch*, *Gout*, *Rheumatiſm*, *Scurvy*, &c. &c. according to the following Letter, by the Uſe of Quickſilver-Water.

To Mr. *William Ellis*, a Farmer, at *Little-Gaddeſden*, near *Hempſtead*, in *Hertfordſhire*.

London, *Nov.* 12, 1745.

SIR,

I AM very ſorry to find your Friend afflicted with the Gout once or twice a Year; however, I cannot but think it very happy for him, that he has already met with a Medicine (though not a very agreeable one to take) that acts ſo quickly, and reſtores him to walking ſo effectually. I know a Friend of mine that uſed to take one Spoonful at a Time of Spirits of Hartſhorn, in the midſt of great Fits of the Gout, which by repeating every Night, and ſweating much by it, ſoon carried off the Fit, and enabled him to mount his Horſe, and as he was old and groſs, the Horſe brought him, by Degrees, to his Feet. Now I look upon Sal Volatile to act in the very ſame Manner without any material Difference, and every Body knows the Gum Guaiacum to be a moſt noted Specific in the Rheumatiſm, and very laudably ſo in the Gout too, ſo that I would have you regard your Medicine very much. However, as the Mercury-water has ſuch grand Effects in Rheumatick Caſes, and can do him no Harm, in or between the Fits, by way of Diet-drink, I will venture to ſay, if it does not actually free a temperate Perſon of a youngiſh Gout, yet it will certainly reduce the Frequency of his Fits; and by the ſame Laws, much abate the Rigour of them; and I would willingly have you try, tho' I cannot really warrant this Opinion from Practice, or Trial, though there is great Reaſon to be certain of the

good

good Effects intended, as I could evince at large; aſſureing you at the ſame Time of the Innocence and Salubriouſneſs of this Water. You may depend on it to cure your Neice's Eyes, if ſhe drinks half a Pint Night and Morning, and about a Pint with her Dinner; two or three Times a Day bathing her Eyes with a warm Spoonful of it, provided her Complaint is really ſcorbutick. And I doubt not but it would much allay, if not cure a confirm'd Evil. I would adviſe the Iſſue to be continued. The Doctor's Application is good [he means Sir *Hans Sloan*'s Eye-ſalve] but will not remove the Cauſe, *viz.* a Scurvy in the Habit, which if it be her Caſe, his Medicine may repell it from the Eyes, and throw it (if there was not an Iſſue) upon the Lungs, ſo as to induce a Conſumption, or perhaps vitiate the Blood, ſo as to bring on Fevers, *&c.* She can but try this agreeable kind of Drink, for as many Months as ſhe pleaſes. Therefore a Pound of Quickſilver, which coſts but about four Shillings and Sixpence, or five Shillings, I think will ſerve many Years, boiled or rather ſimmer'd in any Quantity of Water, in an iron Pot, or a glazed earthen Pot, for no other Metal will do, for the Space of five or ſix Hours or more. The Water ſhould never be drank freezing cold, but ſet a little before the Fire. By what I find lately, it is a Water that will not corrupt in Bottles for a long Time, if ever: For it deſtroys all kind of Animalcula, and reſiſts and deſtroys all Manner of Acidity and Fermentation in the Water it is boiled in, which ſhews it to be the higheſt Alcali in the World, and certainly the moſt minute and diviſible. And I am perſuaded, all the Particles of the Effluvia that mix with the Water are perfectly and minutely globular, and fitted by ſuch Form and Smoothneſs to enter and paſs in the Circulation thro' the imperceptible vaſcular Syſtem, or it could not effect what it does. Let a mangy Horſe or any other Beaſt drink conſtantly of it, and bathe the ſcrophulous Parts with it by a Spunge, they will ſoon fall off, and the Blood be purified, which I deſire you will try the firſt Opportunity. I cured ſome time ago a Pointer of my own of an univerſal Mange, ſo bad, that he had ſcarcely a Hair left on his Body, and that too within four Weeks, by the laſt mentioned Method. I obſerved the Itching much allayed in ſeven Days. In ſeven or eight more, the Scabs began to dry and ſhell off, and clean new Hair appeared growing underneath, and in leſs than five Weeks he was entirely

ſweet,

ſweet, clean, and new cloathed, which my Groom, and the Chymiſt I bought the ſeven Ounces of Mecury of, to boil, can teſtify.—The Way I came by this Secret was from a Surgeon, who ſhewed me his Nephew, a *London* Apprentice, whom he had cured of the Pox by this Water alone, after having been twice ſalivated, and had not Strength enough to go thro' a third Courſe. He ſaid he met with the Secret in a *German* old Manuſcript of a Practitioner, but had always deſpiſed it till this lucky Opportunity offer'd. *I am, Sir,*

Your ſincere Friend and Servant.

P. S. Theſe and other Reaſons make me expect it will cure the Pox in the gentleſt and moſt merciful Manner. Pray give it to any poor Body that has the Itch, without telling them what it is. After this you are at Liberty to publiſh it at any Time, or indeed as ſoon as you pleaſe.

A ſecond Account of the great Virtues of Quickſilver-Water in the Cure of the *Pox*, *Scurvy*, *Mange*, *Scald-Head*, *Rheumatiſm*, *Worms*, &c.

London, Nov. 30, 1745.

SIR,

ONE Pound of Quickſilver will infuſe and communicate its effluvial Virtues to five hundred or one thouſand Boilings of freſh Water, and yet ſuffer little or no Diminution in its Weight; if it is boiled in the Water 10 or 11 Hours, it will turn the Water of an Aſh-colour, which is only owing to a ſtronger Impregnation of its duſky and moſt minute Effluvia, and this is perhaps the beſt Cure in the World for an inveterate Scurvy, Mange, or Scald-head, obliging the Patient to drink conſtantly of it with his Victuals, and in a Morning faſting, half a Pint, and the ſame going to Bed; waſhing the ſcabious Head, Body and Joints, with the ſaid Water once or twice a Day, and avoiding all other Drink, except a Chance Glaſs or two of Wine. Avoid all ſalt Meats during the Cure. You will be ſurpriſed how the ſtubborn Symptoms will yield, ſubſide, and vaniſh, ſometimes in a few Weeks, generally in a few Months, reſtoreing the Patient in Reſt, Health, Strength and Complection,

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in a moſt ſurpriſing Manner, without uneaſy or torturing Phyſic; for this Medicine acts as an Alterative, and may juſtly be ſaid to be the nobleſt Bathe in the World. I ſpeak this from the Field of Experience, and think you deſerving the Knowledge thereof, myſelf by mere Chance having come by this excellent Secret. I alſo find it will deſtroy Worms and Botts in Man or Beaſt; and I have very great Reaſon to believe, it will by a Continuance and Perſeverance very ſafely and eaſily cure the Pox and Rheumatiſm; it is certain it pervades all the Capillaries, even to the Pores of Perſpiration; and is a moſt irreſiſtable Alterative, allaying and mollifying all the corroſive Matter in the Animal Syſtem, or it could not effect the Truths I have mentioned above, and been an Eye Witneſs of under my own Direction, tho' I do not profeſs Phyſic.

I am, Sir,

Your faithful humble Servant.

SIR,

I have to ſubjoin, that if you add to the Mercury-water Regimen, the giving the Patient every Night going to Bed the Bigneſs only of a ſmall Pea of the Crude Mercury, ſwallowed down in half a Glaſs of Water, it will much facilitate the Cure in ſcorbutic or rheumatic Caſes. The common Itch, as it is preſently catched, falls before theſe two, generally, in three Weeks time: Worms in a few Days. But it will require a longer Time to eradicate old ſcrophulous Complaints, Scald-Heads, and ſtubborn Rheumatiſms, which ſeem to be univerſal rather than local. And I can aſſure you it is excellent in the Stone and Gravel; alſo for bilious Cholicks, occaſioned by pungent hot Humours in the Inteſtines; becauſe I find it allays and qualifies their Pungency, by its alcalous Quality (or ſomething elſe that we cannot account for) as Chalk, *&c.* mollifies Vinegar or ſour Beer. And the Water ſhould be continued even after Cure (by way of Bath or Spaw drinking) for ſome Months. Not but the Water itſelf has been found to effect a certain Cure in obſtinate Caſes; but it is as certain, that the leaſt Quantity of the groſs Quickſilver (and the leſs the better) taken every Night, till the Symptoms vaniſh, does much expedite the Cure. Yet this Water alone has

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abſolutely eradicated the Pox without the leaſt Ruffle to the Conſtitution. And it will kill the Bugs in Beds and Furniture, provided they be waſhed with it, or well ſprinkled by Means of a Bruſh, as Bookbinders ſpot their Leaves.

An Account of a moſt cheap and famous Cure made on the Face and Eyes of Mrs. Knight, *of* Betloeground, *in* Buckinghamſhire, *by the Uſe of Cows Milk. And alſo how a Perſon's wounded Thigh was cured by a moſt eaſy Remedy.*

THIS Woman now living (in the Year 1748) Wife to the late Mr. *Knight*, an eminent Grazier, living within a few Miles of *Ivinghoe* and of *Ayleſbury* in *Buckinghamſhire*, whoſe Character for Hoſpitality and Honeſty will remain a laſting Example to others, was grievouſly afflicted with an Inflammation in her Face and Eyes, to ſuch a Degree as obliged her to be under the Hands of that noted Surgeon, the late Mr. *Roland* of *Ayleſbury*, during almoſt the Space of one Year, till the Expence amounted to about thirty Pounds, but without a Cure. Now it happened, that in this Interim of Time, Mr. *Edward Thorne*, a Butcher, of great Dealing, living at *Little Gaddeſden* in *Hertfordſhire*, and who killed all or moſt of the Duke of *Bridgwater*'s Beaſts for his numerous Family, had a violent ſcorbutick Humour broke out in his Thigh, that ſo lamed him, as to neceſſitate his having Recourſe to a profeſs'd Surgeon, but notwithſtanding his Application Mr. *Thorn* was ſtill in a very painful ſad Condition; inſomuch that the late good *Stroop* Duke of *Bridgwater*, who was a Nobleman remarkably eaſy of Acceſs, and ready (unleſs a Caſe was falſely repreſented to him, as I have known done) to aſſiſt a Neighbour in Diſtreſs, ſeeing this Man (his Butcher) in a very decrepit Condition, aſk'd him what was the Matter? He told his Grace how lame he was by a Wound in his Thigh, and that he was hardly any thing the better for what his Surgeon had done to him. Upon this, the Duke offer'd to give him his Letter for carrying it to *London*, and to wait on that celebrated Surgeon the late Mr. *Bouchier*,

chier, for his Advice; for you muſt know, that this Perſon was ſo ſkilful as to be encouraged (as I am informed) by a large yearly Salary from the Government, for giving his Advice *gratis* to his Majeſty King *George* the Second's Subjects; and Abundance of Service he did to great Numbers of People, amongſt whom was this Mr. *Thorne*, who when he had preſented him with the Duke's Letter, and ſeen his Wound, aſked him who was his Surgeon? He told him. Says Mr. *Bouchier*, Go tell him he is a Blockhead, for proceeding thus in a wrong Manner, and bid him get a Black-lead Pipe thruſt into the Wound, there to remain for the Pus to evacuate through it, and as the Wound heals, it will puſh out the Pipe by Degrees, which muſt from time to time have its End clip'd off with a Pair of Sciſſars, leſt the Shirt catch it and tear it out, for no Salve will affect this Sort of Wound. When Mr. *Thorne* had received this Sort of Direction, he thanked him and retired; but juſt as he had got out of the Parlour, a Woman with a Child in her Arms, and Bolſters on its inflamed Face and Eyes, entered the ſame, for aſking Mr. *Bouchier*'s Advice; which raiſing a Deſire in Mr. *Thorne* to hear what he would ſay on this Caſe, he ſtood at the Parlour-door, and heard him aſk her, Who had been her Surgeon? She told him ſuch a one. I thought, ſaid he, he had had more Wit, than to go on ſo. Woman (ſays he) go and waſh the Child's Eyes Morning and Evening with warm Milk directly taken from the Cow, and it will cure it; but do not take off the Bandage all at once; leave it off by Degrees. Mr. *Thorne*, hearing this, came away; and when at home, ſoon went to Mr. *Knight*, with whom he uſually grazed and fatted his horned Cattle; and there related to Mrs. *Knight* this Child's Caſe, and the Surgeon Mr. *Bouchier*'s Advice, which made ſuch an Impreſſion on her Mind, that ſhe directly applied the ſame Remedy to her inflamed Face and Eyes, and in a little Time got a perfect Cure of both.—The like happened to two of my Neighbours about *March*, 1747. One was in prodigious Pain and almoſt blind with an Inflammation in her Face and Eyes, inſomuch that ſhe was not capable to make her Straw Hats, for that was her Profeſſion, but every now and then was obliged to lie down on her Bed, or ſit up by the Fire-ſide. Upon this I told her Huſband the Virtue of Cow's Milk, and adviſed him to have it applied to his Wife's Eyes. Accordingly,

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the Woman Morning and Night duly bathed her Face and Eyes with the warm Milk, and ſoon recovered her Sight, which induced her to acquaint her Siſter, that was much in the ſame Condition, with her Succeſs; and as ſhe made uſe of the ſame Means ſhe had the like Cure. This moſt excellent Medicine of warm Milk (tho' ſeemingly a mean one) I recommend to cure all Inflammations of the Face and Eyes, whether they be blood-ſhotten, or otherwiſe damaged by hot ſcorbutick Humours.—*N.B.* The Black-lead Pipe was at firſt four Inches in Length, with a Hole in the Middle of it, a little bigger than that of a common Tobacco-pipe, and of its Shape, which by the Help of a Bandage kept in the Wound, till it deſcended by leiſure Degrees, and was diminiſhed by frequently clipping of it, till the Cure was perfected.—I have alſo to add, that upon a more particular Inquiry into the Diſtemper that affected the above-mentioned Woman's Eyes, ſhe told me herſelf, that before the Application of the Cow's Milk ſhe had a hot Water, that now and then diſcharged ſo faſt through her Noſtrils, that it would ſometimes run, and was of ſo ſharp and hot a Nature as to raiſe little Bliſters on that Part of her Face it fell on from her Eyes; ſo that they were inflamed to a Degree of forcing her to keep her Head in Darkneſs a great Part of the Day, becauſe ſhe was not able to behold the Light, nor the Fire, which render'd the poor Woman incapable of providing for her Family as ſhe uſed to do, by platting of Wheat Straws, and ſewing them into Hats; but by the balſamic cooling Milk alone ſhe was in a little Time reſtored to good Sight, and capable of following her Buſineſs.

How a young Man had the ſore Piles, by tippling too much October *Butt ſtale Beer, and how cured.*

THIS young Man lives at *Market-ſtreet*, in *Bedfordſhire*, four Miles from *Little-Gaddeſden*, and who ſo accuſtomed himſelf to drink ſtrong, ſtale Butt-beer, that he became ſadly tormented with the Piles. Upon which he applied to the late famous Surgeon, *John Copping*, Eſq; in *Market-ſtreet*, who directed him to take half an Ounce of Flower of Brimſtone every Morning, in Milk,

Milk, till it cured him; and cure him it did, as he declared to me. And no wonder, since, as the learned Dr. *Quincy* observes, "The Flower is certainly balsamic and cleansing, and good against all Diseases of the Breast, and several other Parts of the human Body, used either inwardly or outwardly."——Others say, sitting over the Smoak of Frankincense and Pomegranate Shells will cure them.

A Gentleman Traveller's Character of Flower of Brimstone.

THIS Gentleman said, He had been a Traveller almost all over *Europe*, and that it was his real Opinion, That no Body need take Physic, if they took half an Ounce of Flower of Brimstone in Milk every Morning, as he did, and drank Sage-tea after it.

Dr. —— *his Method of taking Flower of Brimstone for his pimpled Neck.*

THIS Gentleman, a famous Doctor of Divinity, well known in *Surrey* and *London*, took as much Flower of Brimstone every Morning, throughout the Year (except in frosty Weather) as would mix in a Spoonful of Milk, and would drink a large Tea-cup of Milk after it, for dispersing and curing of Pimples, that were apt to come out in his Neck. And Dr. *Quincy* says, "That it is the Plenty, in a great Measure, that lessens its Esteem.

An

An excellent experienced REMEDY for the *Gravel.*

Notwithſtanding this is a Chronical, and a Diſeaſe that has proved fatal to Thouſands, its direful Effects are eaſily prevented, if the following Directions are timely applied, and duly obſerved.

SWeeten Water-gruel with Honey, and eat a Meſs of it without Bread every Morning faſting. And if a Perſon is much afflicted with the Gravel, let him eat the ſame Meſs oftner. This Receit was communicated to a Gentleman, my Neighbour, by a Phyſician at *London*, who telling another of it, they ſaid, Of all the Things they had made uſe of for this Purpoſe, none did them ſo much Good as this. For as the Gruel and Honey are both of an open ſlippery Nature, they conſequently make the Parts ſlippery, and bring away the Gravel eaſily. But yet this Remedy may be made much more effectual, if their cheap, common, ſmall Drink is compoſed according to the following Receit, and drank inſtead of ſmall Malt-beer.———To twenty-two Gallons of Water put nine Pounds of Treacle, which mix and boil one Hour briſkly, and ſo a leſſer Quantity, if thought fit, in the ſame Proportion, with Hops, or better without them, and work it with Yeaſt till it is fit to barrel up.——By theſe two Liquors, that are of an opening cleanſing Nature, the Cauſe of breeding Gravel will be much prevented, and if bred, will be eaſily diſcharged.

A Diet Drink.—Eight Ounces of Sena, 4 of Carraway Seeds, 4 Ounces of Sweet-Fennel Seeds, 4 Ounces of Anniſeeds, 4 Ounces of Saſſafras, four Ounces of Sarſaparilla, 4 Ounces of Hartſhorn Shavings, 2 Ounces of Ivory Shavings, 6 Ounces of Stick-liquorice, 1 Ounce of Rhubarb, Liverwort, Brooklime, Water-creſſes, Water-dock-root, Wild-fetches, Clivers, Dandelion-roots, Parſley-roots, Elder-buds, Nettle-tops, Scurvy-graſs, one Dozen of Seville Oranges. The Seeds to be bruiſed, and the Liquorice to be ſliced, the Rhubarb to be grated, and put into the Veſſel laſt. The Sena to be infuſed in a Pitcher of the Beer. The Scurvy-graſs and Wild-fetches to be bruiſed and put into

into a Flannel Bag in the Veſſel at laſt, and the Oranges to be ſqueezed and put into the Veſſel Rind and all. All the other Things to be boiled well together and ſtrained off. Two or three Handfuls of each of the Herbs and Roots.——This Diet-drink was made by Mrs. *Sibley*, a Yeoman's Wife, at *Water-End*, in *Hertfordſhire*, and ſold by her at 18 *d.* per Quart, chiefly in the Spring Seaſon, for curing and preventing the Scurvy, Rheumatiſm, and other Diſtempers; being infuſed in a Firkin Quantity of middling Beer.

London, June 1, 1749.

SIR,

HERE follow the Receits which I promiſed on *Friday* laſt, having now found the Memorandum, which I had (as I ſurmiſed) put up very carefully together, and then overlook'd. The firſt my Wife preſents you with, being what ſhe practiſed when ſhe lived with her Aunt in *Wales*, who kept fourteen Cows, *&c.* and generally killed two large Hogs every Year.

The Welch *Way of preparing Hogs Guts for Puddings.*—FIRST take ſome of the Fat off, and cut the Guts in proper Lengths (longer or ſhorter, as you chuſe) letting Water run through them till the Dung is clean out of them, then with clean Hands turn them by the Help of a round Stick, and waſh them clean with Water; put them into a Pail or Pan, with two or three Handfuls of Salt among them; get a Whiſp of clean Straw, and work them well about with that in your Hand, till they froth; then waſh them well, and repeat the Salt and Agitation; then waſh them again, and put more Salt, and two or three Handfuls of Crabs maſh'd to Pieces; laſtly, ſcour them well with your Hands, taking care not to break them; then waſh them very clean, and put them into Water with a Handful or two of Salt, and let them lie tell next Day; repeat freſh Water and Salt to them two or three Days, and, when you are about to fill them, waſh them out with fair Water only.——*N. B.* When they are thoroughly clean, they will lie on the Back of your Hand without ſlipping off.———Hogs or Sheeps Maws, when intended for Puddings, ſhould, after their Contents are emptied and waſhed, be firſt well ſcraped and ſcalded, and then ſerved as aforeſaid.

Welch *Black-puddings.*—When you kill your Beaſt, receive the Blood in a clean earthen Pan, with a Handful of Salt in it, ſtirring it continually as it flows from your Hand, till you find a large Coagulum, or Lump, ſtick to your Hand, which throw away; then ſtrain the Blood into a clean Pan, and let it ſtand till you uſe it as follows: Pour ſcalding hot Milk upon ſome whole Oatmeal-grouts, let it ſtand all Night, then mix near one half Milk with your Blood, adding thereto ſome of the Hog's Fat or Leaf, a little Winter-ſavory, Thyme and Pennyroyal, all chopt very fine, and ſeaſon'd with a little Salt and Black-pepper. Mix all theſe very well of a due Conſiſtence, that the Compoſition be not too thick nor too thin, and fill your Guts; but be ſure to leave Room enough for them to ſwell in boiling, and then tie them up in the Form of a Figure of Eight circular. Lay them but one upon another in a wide Kettle of Water, juſt ready to boil. Let them boil, very gently leſt they burſt, about ſix or ſeven Minutes; then take them out, and lay them upon clean Wheat-Straw on a Sieve before the Fire; turn them, and they will be ſoon dry; then repeat the Boiling, dry them as before, and they are done. Keep them upon freſh dry Straw in a Sieve for Uſe. Let them have Air enough, and they will keep a Fortnight or three Weeks, wiping them now and then.

Welch *white Hogs-puddings*—Are made by pouring warm Milk upon whole Grouts, letting them ſoak 12 Hours or more; then add ſome of the beſt Hogs Fat cut very fine, and ſeaſon them with Salt, Pepper, Nutmeg, a little Honey to your Palate, and a few Currants well waſh'd and pick'd. With this Mixture fill your larger Guts, but not too full, and boil them about as long again, as the ſmaller black Sort, and in the ſame Manner.

Welch *Way of making Puddings with Hogs or Sheeps Maws.*—In *Wales* they do not throw away the Hogs or Sheeps Maws, but after they are cleanſed as above, they fill them with the following Compoſition, *viz.* Blood prepared as aforeſaid, and about half as much Milk, ſtir in a proper Quantity of Oatmeal, to which add a good Quantity of Suet, ſhred very ſmall; ſome of the Herbs to be Winter-ſavory, Thyme, Marjoram, Parnel, and Lambs-tongue, ſome Cives or young Onions, and the white Part of Leeks cut ſmall, with Pepper and Salt; obſerving that none of the Ingredients are over predominant

nant when filled, and leaving a little Space to ſwell; ſkewer them up and tie them, throw them into boiling Water, and boil them very gently near half an Hour. Theſe eat very well, if cut in Slices, and fry'd with a little Butter.

Suſſex *Pudding*.—THERE are two Ways of making this famous Pudding, a flat Way and a round Way. On the 13th of *June*, 1749, baiting at the *Cat-Inn* at *Eaſt-Grinſtead*, I ſaw the Cook-maid ſeemingly put a flat Cake of Dough on a wooden Paddle, about the Bigneſs and Shape of a round Trencher, into the boiling Water of a Pot that had Meat in it for Dinner, which, by a long Handle to it, ſhe held in the Water till it boiled hardiſh; then ſhe drew away the wooden Paddle or Skimmer, and left the Pudding-cake to ſink and boil longer. Now this Pudding, ſhe told me, was made with Flower, Milk, Eggs, and a little Butter kneaded together, and when boiled enough, it was taken out, ſlit in two, and Butter put into it. Thus ſhe made this *Suſſex* Pudding, that was to be eaten with Meat inſtead of Bread.———The other Way is, to make a round Pudding of the ſame Ingredients, which (I ſuppoſe) is to be tied up in a Cloth, and in the Middle of this Pudding they put a Piece of Butter, and ſo incloſe it with the Dough that the Butter cannot boil out. When boiled enough, they find the Butter run to Oil, and ſo well ſoaked into the Pudding, that they eat it with Meat inſtead of Bread, or without Meat as a delicious Pudding.

How to boil ſalt Meat to the greateſt Advantage.—As the Ignorance of ſome may lead them to commit a groſs Miſtake in boiling of ſalted Beef, Bacon, or any other ſalt Meat, I thought it not foreign to my preſent Undertaking to inform them, that if ſalted Meat is put at firſt into boiling Water, it will ſurely keep in the Salt, and further harden the Fleſh, ſo as to make it eat very diſagreeably. Now to prevent this, it is only putting the ſalted Meat at firſt into the Water cold, and then as the Meat gradually heats with the Water, the Salt will boil out, a ſufficient Scum ariſe, and the Fleſh will hereby be made to eat freſher, tenderer, and much more agreeable, than if it was at firſt put into boiling Water.

To pickle Sprats.—ONE of our Country Houſewives pickles Sprats in the following Manner: The Sprats, ſhe ſays, muſt be waſhed and laid in a glazed Pot, and between every Layer Salt muſt be ſpread, and ſo on till the

Pot be full; thus they ſhould lie three Days, then taken out, and put into the ſame or another glazed Pot, filled up with a Mixture of Vinegar and Water, which muſt be put into an Oven, as ſoon as the Bread is drawn. Thus, ſhe ſays, Sprats may be kept, for eating like Anchovies, ſome time; but, I think, Sprats will not retain an Anchovy Colour and Taſte ſo well this Way, as if a few Bay-leaves were firſt put into the Pot, and then between every Layer of Sprats, a Mixture of Bay-ſalt and Salt-petre; and this is better in an Anchovy-tub than in a glazed Pot, becauſe the Tub may be turned Bottom upwards every now and then, for by this Method the Sprats will be cured without baking, and in about two Months Time fit to eat raw like an Anchovy.

To pickle freſh Herrings.—OUR Country Houſewife ſays, its only waſhing them, and putting them into a Barrel or glazed Pot in Layers or Rows, with ſome Salt between every Layer. But I am ſure it would be better done, if their Heads were cut off, and then between every Layer or Row of Herrings, a Mixture put of Bay-ſalt and Salt-petre, till a glazed earthen Pan is full, and baked in a very gentle Heat of an Oven.—In *Kent* they have a Cuſtom to give pickled Sprats in their public Houſes to their Cuſtomers (Drinkers); and in *London* ſome do the ſame by pickled Herrings, or rather baked ones, which by their reddiſh Colour and agreeable Taſte pleaſe much.—But if you would be at a greater Expence, after they are ſcaled, gutted and waſhed, you are to lay the Herrings in a Heap, and ſtrew a little Salt over them (as they do at *Dover*, for preparing them to dry over Smoak in their Herring Hang-room, for making Red-herrings of them, as I have ſeen done) to drain two or three Hours their bloody Part out. Then rub each Herring dry between a Cloth, and have ready a Mixture of Pepper, Salt, Cloves and Ginger, a little ſhred Onion and Lemon-peel, for with this you are to ſprinkle every Layer of Herrings, till the Pan is full; and, after you have put a Pint and half of red Wine over thirty Herrings, and tied Paper over the Pot, bake them with Bread.

The Caſe of Mr. Glanville, *of* Edgware, *in the County of* Middleſex, *who was very near poiſoned by eating Muſcles.* THIS Perſon being a great Lover of this Shell-fiſh, after he had eat a boiled Parcel of them, began to be ſick, and his Sickneſs increaſed upon him to that Degree, that he ſwelled

ſwelled ſo much, as not to be able to ſee out of his Eyes. Upon this there were ſeveral Medicines given him, but none of them did him any Service, till at laſt, when he could hardly ſpeak, he was heard to call for Oil; they gave him ſome, till it made him vomit up the Muſcles, and at the ſame Time anointed his Body all over with Oil, which had ſo quick an Effect on him, that he was preſently cured, and became a ſound Man. Now it was not the Muſcles (though at firſt thought ſo) that poiſon'd Mr. *Glanville:* No, it was a very little Crab Inſect, that lodged in the open Part of the Muſcle's Body, and yet lies ſo hid, as not to be perceived by the Eyes of the careleſs ignorant Eater, for this Crab Inſect is hardly bigger than a Thetch or ſmall Pea; it has a round Body (Crab-like) and a broad Tail, with its Legs ſhaped like Lobſters Claws, as plainly appeared to me by the Sight of one kept in Spirits of Wine, and ſo preſerved by Mr. *Glanville*, to ſhew that which once had very near killed him.——To remark on this Caſe, I have to add, that there are few Muſcles (as I am credibly informed) without one of theſe Crabs in its Body. And although it is common for People to take out what is called the Beards before they eat them, yet moſt are ignorant of this poiſonous Inſect. And if ſuch an ingenious Perſon as Mr. *Glanville* is, who ſeems to me to be poſſeſs'd of brighter Parts than any other Tradeſman I ever converſed with, was through Ignorance inſnared to eat this dangerous Crab, how much more eaſily will a more vulgar Perſon eat a Muſcle without any Suſpicion of ſuch a fatal Quality harbouring in it. Hence I am alſo led to obſerve the great Careleſsneſs and ſupine Neglect of our *Engliſh* Virtuoſi, who ſtudy much the refined ſublime Parts of Natural Philoſophy, and yet neglect numerous Matters, to my Knowledge, which ought to be made known to People, who for want of timely Inſtruction may innocently eat poiſonous Things, and be killed by them.

A Woman poiſon'd by eating a roaſted Duck.—Mrs. *Bell*, a *Corniſh* Woman, and Wife of Mr. *James Bell*, that now keeps the fine *Green-Man-Inn* at *Gaddeſden*, tells me that one Madam *Beazely* at *Falmouth*, about the Year 1738, bought a Duck in the Market that was well fleſh'd. This ſhe roaſted, and when ſhe had eaten her Bellyful of it, ſhe began to ſicken and ſwell; upon which three Doctors were ſent for, but notwithſtanding all the Medicines they gave her, ſhe continued ſwelling, and died in leſs than half an Hour's Time. Now, I ſuppoſe, the Duck had

ſwallowed a young Toad, and that thoſe who draw'd the Duck might have broke the poiſonous Part of the Toad in drawing; and not being waſh'd before roaſting, the Poiſon might have had this fatal Effect, for Mrs. *Bell* ſays, it was the Doctor's Opinion ſhe was poiſoned in this Manner.

How a Hertfordſhire *Woman, her Family, and a Hog, were poiſoned by eating an Herb.*——In the hard froſty Spring of 1740, a poor Woman that lived at *Studham*, two Miles diſtant from *Gadde den*, gathered a Herb that grew in a Hedge, called Jack-jump-about, for boiling it with a Piece of Meat. It was like Mint, and as hardly any other boiling Herb was then to be got, ſhe made uſe of this. One Child died by it, and another had like to have had the ſame Fate, and the Mother narrowly eſcaped, but the Hog that eat the Pot-liquor was killed by it.

How two Buckinghamſhire *Girls were poiſoned by eating Henbane-root.*—At *Pitſtone*, about three Miles from *Gaddeſden*, liveth a Widow Woman that holds a Farm in her Hands, who had three Girls that one Day took a Fancy to dig up ſome Henbane-roots that grew in and about the Farm Yard, and ſcraping one it appeared to them like a little white Carrot; one of the Girls refuſed to eat any of it, but the other two did, who in the Night-time were taken ſo bad, that the Mother thought them bewitch'd; at laſt, the healthy Girl confeſs'd the Matter, and diſcover'd how her two Siſters had eat Henbane-root, which made their Mother ſend to *Leighton* for a Doctor, who by proper Medicines made ſhift to cure them; but he ſaid, that if they had eaten and drank after it, he could not have cured them.

How a Man accuſtomed himſelf to cure his Tooth-ach with Henbane-ſeed.—This Man named *Richards*, living at *Rinxſell* near *Gaddeſden*, when troubled with the Tooth-ach, would firſt put ſome Tobacco into the Bowl of a Pipe, and ſome Henbane-ſeed on that, then Tobacco, then Henbane-ſeed, till his Pipe was full. This he ſmoaked, and declared it had ſuch Virtue, as to make Worms come out of his Teeth, to the Cure of the Tooth-ach, for that Time; for this Man never ſmoaked, but when troubled with the Tooth-ach, and then it was in this Manner: And no wonder it thus effects a Cure, ſince it is of a ſtupifying Nature like Tobacco. It grows in Yards and dry Ditches, and has Pods that hold much ſmall Seed.

A School-boy poiſoned by Vitriol.—A Boy that went to School at —— put a Bit of Vitriol into his Mouth about the Bigneſs of a Nut, and ſuffered it to diſſolve into his Stomach; the Conſequence whereof was, that his Chaps and Belly ſwell'd, and he was poiſon'd to that Degree as endanger'd his Life; wherefore many Schoolmaſters will not ſuffer their Scholars to lick a Pen, becauſe Vitriol is a chief Ingredient in the making of Ink.

A Cow poiſoned by eating Laurel-Leaves.—At *Bovingdon*, five Miles from *Gaddeſden*, a Gentleman had his Laurel-Hedge cut, and his Cow having free Acceſs to it, eat what ſhe would, but quickly ſwell'd and died.

A Man poiſon'd by eating a Toad.—In the *London-Evening-Poſt* News-Paper, dated *March* 26, 1741, there was inſerted the following Account from *Saliſbury:* Laſt Night was buried at *Hinton*, near *Bradford*, in *Wiltſhire*, one *James Silcock*, who being very much accuſtomed to eat Horſe-fleſh and Dog-fleſh, and other diſagreeable Things, did undertake to eat a Frog and a Mole; after he had eat the Mole, the Perſon that undertook to provide the Frog, by Miſtake brought a Toad, which he having eaten, and ſwallowed a Plenty of Liquor, immediately died.

Several Perſons poiſoned by Poiſon laid for Rats.—— Dublin, 26 *Novemb.* 1748, we hear from *Carlow*, of a very melancholy Accident which happened there laſt Week; one Mr. *Buttler* having mixed up Poiſon with ſome Oatmeal for the Rats, a Maid-ſervant, who was not acquainted with it, made uſe of it for Breakfaſt; by which Means two Men, two Maid-ſervants, and a Child, were poiſoned; one of the Women died that Night, and the other is deſpaired of, but the Men and Child will recover.

Rabbits poiſon'd by Hemlock. — This Herb grows in Meadows of the wetter Sort, and other Places; it has killed many tame Rabbits by ignorant Gatherers of it giving it them inſtead of Dog-parſley, though it is eaſily known by its Smell, for this has a ſtinking Scent next to Aſſafœtida, but in Make very much like Dog-parſley, that is excellent Rabbit Meat, for it will not pot a tame Rabbit. Dr. *Quincy* ſays, at Page 195, that this Plant grows ſo much like common Parſley, that it is difficult to diſtinguiſh it when young, therefore in all Probability they have ſometimes been gathered and ſold to-

gether; for, says he, there have been many Instances of Persons, and sometimes whole Families being suddenly taken ill, so as to occasion Suspicion of Poison, when they had Reason to suspect it in the Parsley, by having eat stuffed Beef as is common, or some other Food where that had been used. It first affects Persons with Giddiness and Dimness of Sight, and afterwards operates violently by Vomit and Stool; fat Broths and oily Liquids are the Antidotes.

Of Poultry and their Eggs.

POULTRY and their Eggs come more immediately under the Care and Management of our Country Housewife, than any other outward Part of the Farmer's Business; and accordingly many Farmers think it their Interest to let their Wives have all the Profit of their Eggs and Poultry, for raising Money to buy what we call common or trivial Necessaries in the House, as Sugar, Plumbs, Spices, Salt, Oatmeal, *&c. &c.* which Piece of Encouragement engages our Housewife and her Maid-Servants to take special Care of feeding her Poultry in due Time, setting her Hens early, and making Capons at a proper Age.

The best Feed for Dunghill Fowls, to make them lay early Eggs, and many of them—Is Horsebeans and Hempseed. Of the first, a particular Woman had such an Opinion, that she preferred it to all others, and the rather as Horsebeans in some wet Summers grow in prodigious Plenty, and are sold very cheap, sometimes for less than two Shillings a Bushel; Hempseed indeed is dearer. As this last is furnished with much hot Oil, as the Horsebean is with a very hot Quality, they both cause Hens to lay in Winter, when no other common Seed can so well; but if Hens are confined always in a Room, it hinders very much their laying. The Game Hen lays most Eggs, but they are commonly the least Sort.

Sorts of Hens.——THE *Hertfordshire* Dunghill Fowls and their Eggs have been in great Esteem a long Time, and at this Time their Eggs have the greatest Reputation of all others, insomuch that the very Cryers of Eggs about *London* Streets take particular Care to make the Word *Hertfordshire* be well known; for our Country is a chiltern one, abounding with many Hills, dry Soils, gravelly

gravelly Rivers, Plenty of moſt Sorts of Grain, and allow'd by Profeſſors of Phyſick to be the healthieſt Air in *England*, all which undoubtedly contributes to the breeding of the beſt of Eggs and ſoundeſt of Dunghill Fowls; a Proof of which is very demonſtrable, by the Game Cocks bred in *Hertfordſhire*, that beat for the moſt Part thoſe bred in other Counties. But I can't ſay our Dunghill Fowls exceed all others, for there are excellent Sorts of the *Poland*, the *Hamburgh*, and the *Darking* Dunghill Fowls; the Character of the laſt of which is hereafter inſerted.

Of Hens ſitting, and of Chickens and young Ducks.—— The Game Hen ſits oftner than the Dunghill Hen, and will fight the Hawk better in Defence of her Chickens: But as their Legs are commonly as black as their Feathers, few Farmers keep them, becauſe their blackiſh Chickens will not ſell like the white-leg'd Dunghill Sort. When a Hen ſits on her own Eggs, ſhe commonly hatches in three Weeks, but when ſhe ſits on Duck Eggs, a Month. If ſhe has ſat a Week on Duck Eggs, and by Accident the Eggs are broke, or the Hen too much diſturbed, ſo that if ſhe is ſet again on other Duck Eggs, ſhe will not ſit out her Time; in ſuch a Caſe, if ſhe is ſet again on the Hen Eggs, ſhe will, becauſe on theſe ſhe ſits a ſhorter Time than on the Duck Eggs. A Hen that ſits beyond her Time of three Weeks ſeldom brings all her Eggs to Perfection, which is chiefly owing to her being ſet in a cold Place, or going too far for her Meat when off; but that is the beſt Hen that hatches a Day or two before the uſual Time. It is a Fault to ſet a Pullet with too many Eggs. One was ſet with eighteen Eggs, which ſhe ſat on well till the firſt Chicken chirp'd, and then ſhe was affrighted, ran away, and forſook the reſt, ſo that our Houſewife could preſerve but three, and for bringing them up ſhe was forced to uſe more than ordinary Care.—To have early Chickens, an induſtrious Houſewife living at *Gaddeſden* had a Brood of Chickens a Fortnight old this 25th of *February* 1747-8; ſhe ſet her Hen in a Chimney Corner that had no Fire near it, but on the Back of the ſame Chimney there was a daily one kept, which ſtruck ſuch a ſufficient Heat to the Corner, as enabled the Hen to ſit cloſe in this cold Seaſon, and hatch twelve Chickens, which our Houſewife kept in this Place, giving them offald Wheat, that was ſcreened at the Mill from good

Wheat,

Wheat, and now and then ſome wetted Pollard; with theſe the Chickens went on well, and for eating up what the Chickens and their Hen left, our Houſewife let in a laying Hen now and then, ſo that here was no Waſte made.

Dunghill Fowls, their Nature, by Mortimer.—THE oldeſt are beſt Sitters, and the youngeſt beſt Layers, but good for neither if kept too fat. To breed right Chickens is, from two to five Years old; the beſt Month is *February*, and ſo any Time between that and *Michaelmas* [here Mr. *Mortimer* is wrong, for when a Hen begins to moult, ſhe ought not to be ſet, becauſe her Chickens then ſeldom live.] A Hen ſits (ſays he) twenty Days; Geeſe, Ducks, and Turkeys, thirty; let them have always Meat by them while they ſit, that they may not ſtraggle from their Eggs and chill them. One Cock will ſerve ten Hens. If Fowls are fed with Buck-Wheat, they will lay more Eggs than ordinary, and the ſame with Hempſeed; the Buck-Wheat whole, or ground and made into Paſte, which is the beſt Way: It is a Grain that will fatten Hogs or Fowls ſpeedily, but they are commonly fatten'd with Barley-Meal made into a Paſte with Milk; but Wheat-Flower is better.—*Mortimer*, Vol. I.

To fatten Hens, Pullets, Chickens, Capons, or Turkeys.—THEIR Coops muſt be kept very clean, for all ill Smells and Naſtineſs is prejudicial to the fattening of Fowls, as contributing towards giving their Fleſh a bad Tang, and an unwholſome Quality; to this Purpoſe, they ſhould have alſo two Troughs, that one may be ſcalded and dried, while the other is in uſe, and both Meat and Water, or other Liquor, ſhould be kept from each other free of any Mixture. As to their Meat, there may be ſeveral Sorts made; one by boiling Barley till it is tender in Water, another Parcel of it in ſkim Milk, another in ſtrong Ale; when ſo boiled, a little coarſe Sugar may be mixed with it. Or make a Paſte with Barley-Meal, and Water or ſkim Milk. And as to their Drink, let them have ſtrong Ale or ſkim Milk, or Water wherein a little Brickduſt is mixed; for if they have not ſomething to ſcower their Maws or Crops, they will not thrive to Expectation, therefore if Brickduſt is not put into their Drink, either a little of that, or fine Sand, ſhould be mixed with their Meat now and then, to get them an Appetite, and make them digeſt their Food the quicker; the Ale will intoxi-

cate

cate them, and cauſe them to ſleep much and fatten the ſooner, but the Milk tends moſt to the Whitening of their Fleſh. Now it wants no Demonſtration by Argument, to prove that Variety of Meats forward the expeditious fattening of any Animal; in this Caſe, therefore, give any of theſe Fowls theſe ſeveral Sorts of Foods alternately; ſo will they be creating them an Appetite while they are fattening, to the making of them exceeding fat in a little Time.

An ancient Author's Way to fatten Chickens. — BOIL (ſays he) Bread in Milk, as though they were to eat it, but make it thick of the Bread, which ſlice into it in thin Slices, not ſo thick as if it were to make a Pudding; but ſo that when the Bread is eaten out, there may ſome liquid Milk remain for the Chickens to drink; or that at firſt you may take up ſome liquid Milk in a Spoon, if you induſtriouſly avoid the Bread; ſweeten very well the Pottage with good Kitchen Sugar of four-pence per Pound, ſo put it into the Trough before them; put therein but little at a Time (two or three Spoonfuls) that you may not clog them, and feed them five times a Day, between their awaking in the Morning and their rooſting at Night. Give them no other Drink, the Milk that remaineth after they have eaten the Bread is ſufficient, neither give them Gravel or aught elſe; keep their Coops very clean, as alſo their Troughs, cleanſing them well every Morning. To half a Dozen very little Chickens, little bigger than Blackbirds, an ordinary Porringer full every Day may ſerve, and in eight Days they will be prodigiouſly fat. One Penny Loaf, and leſs than two Quarts of Milk, and about half a Pound of Sugar, will ſerve little ones the whole Time; bigger Chickens will require more, and two or three Days longer Time; when any of them are at their Height of Fat, you muſt eat them, for if they live longer, they will fall back and grow lean; be ſure to make their Pottage very ſweet.—Or you may pound Rice in a Mortar till it is very ſmall, and the ſmaller the better, for then it may be made into a Paſte with ſcalded Milk and coarſe Sugar, which if given to Chickens by a little at a Time, ſo that they are not gorged, will fatten them in a very little Time; let them have Ale or good ſmall Beer to drink, and give their Meat warm.—But there is a Receit that directs the fattening of Chickens with Rice without pounding or grinding it, only to boil

Rice

Rice in Milk till it be very tender and pulpy, as when you make Milk-pottage; it muſt be thick, that a Spoon may ſtand an end in it; ſweeten this very well with ordinary Sugar, and put it into their Troughs where they feed, that they may be always eating of it; it muſt be made freſh every Day; their Drink muſt be only Milk in another little Trough by their Meat-Trough; let a Candle (fitly diſpoſed) ſtand by them all Night for ſeeing their Meat, for they will eat all Night long. You put the Chickens up as ſoon as they can feed of themſelves, which will be within a Day or two after they are hatched, and in twelve Days or a Fortnight they will be prodigiouſly fat; but after they are come to their Height, they preſently fall back, ſo that they muſt be eaten. Their Pen or Coop muſt be contrived ſo, that the Hen (who muſt be with them to ſit over them) may not go at Liberty to eat their Meat, but be kept to her own Diet in a Part of their Coop that ſhe cannot get out of; but the Chickens muſt have Liberty to go from her to other Parts of the Coop, where they may eat their own Meat, and come in again to the Hen to be warm'd by her at their Pleaſure. You muſt be careful to keep their Coop very clean.—Or you may ſcald Oatmeal in Milk, and feed the Chickens with it the firſt Week, and Rice and Sugar the ſecond Week; in a Fortnight they will be prodigiouſly fat; a little Gravel will now be neceſſary ſometimes to cleanſe their Maws and give them an Appetite.

Sir Kenelm Digby's *Receit to make a luſcious Food to fatten Chickens in the ſweeteſt and quickeſt Manner.*—STONE (ſays he) a Pound of Raiſins of the Sun, and beat them in a Mortar to Pulp, pour a Quart of Milk upon them, and let them ſoak ſo all Night; next Morning put to them as many Crums of grated ſtale Bread, which beaten together will bring them to a ſoft Paſte; work all well together, and lay it in the Trough before the Chickens (which muſt be about ſix in a Pen, and keep it very clean) and let a Candle be by them all Night. The Delight of this Meat will make them eat continually, and they will be ſo fat (when they are but of the Bigneſs of Blackbirds) that they will not be able to ſtand, but ſit down upon their Bellies to eat.

Gaddeſden *Farmers Way to feed Chickens.*—NOTWITHSTANDING we live on a high Hill, and on a red clayey Soil, yet ſome of our Farmers venture their early bred Chickens

Chickens abroad, and let them take their Chance in going with the Hen abroad from the firſt, even in *February* or *March*, though the Weather is Froſt or Snow; but then we take care to give them a hearty Food, for enabling them to withſtand the Cold; and that is whole Oatmeal and Barley mixt together, which will ſo hearten them, that they will not kill themſelves with Chirping and Pain, as thoſe Chickens are apt to do, that are fed with ſloppy Meat, ſuch as wetted Pollard, *&c.* And if the Chickens ſhould fall ſick, we give each one Sow-bug or Wood-louſe, and it often recovers it; but a Hen as well as a Chicken is killed by muſty Corn. The Chicken is cured by the Bug, or both the Hen and Chicken are ſometimes cured by Rue.—Butter and Scouring-ſand muſt be given a little in large Pills or Pellets.—For the ſame Reaſon, put Rue into the Water the Chickens drink, which will keep them in Health, and from the Cramp.

To make Capons.—This Operation belongs to the Country Houſewife. I know a Yeoman living near *Hempſtead* in *Hertfordſhire*, whoſe Eſtate is but about fifty Pounds a Year, that makes (as it is credibly reported) fifteen Pounds a Year by the Sale of Capons; his Wife and Daughter cut the young Dunghill Cocks, but I don't ſuppoſe they were all bred on his Farm, for ſome for this Purpoſe make it their Buſineſs after Harveſt-time to go to Markets for buying up Chickens, and between *Michaelmas* and *All-hollantide* caponize the Cocks, when they have got large enough to have Stones of ſuch a Bigneſs that they may be pulled out, for if they are too little, it can't be done; and to know when a Cock is fit for it, he ſhould be pretty well grown, have a good Comb, and be well fleſhed, for theſe Signs ſhew they are bigger than thoſe of leaner Fowls. To cut them, the Cock muſt lie on its back, and held faſt, while with a very ſharp Knife ſhe cuts him only ſkin-deep about an Inch in Length, between the Rump and the End of the Breaſt-bone, where the Fleſh is thinneſt; next ſhe makes uſe of a large Needle to raiſe the Fleſh, for her ſafer cutting through it to avoid the Guts, and making a Cut here big enough to put her Finger in, which ſhe thruſts under the Guts, and with it rakes or tears out the Stone that lies neareſt to it. This done, ſhe performs the very ſame Operation on the other Side of the Cock's Body, and there takes out the other Stone; then ſhe ſtitches up the Wounds,

and

and lets the Fowl go about as at other Times, till the Capon is fatted in a Coup, which is commonly done from *Chriſtmas* to *Candlemas*, and after. Now if the Stones are but big enough, as they lie to the Back, they may be ſafely taken out with a greaſed Fore-finger, without much Danger of killing the Creature, but when they are too ſmall there is Danger. This Way of caponizing a Cock, I have had done at my Houſe for my Information, by a Woman deemed to be one of our beſt Capon Cutters, elſe it would have been a difficult Matter for me to give a Deſcription of it; for they that never ſaw ſuch an Operation, and venture at it, muſt expect to kill one or more, before he or ſhe gets Maſter of the Science. And indeed it is for Want of this Knowledge that the Art of caponizing Fowls is not ſo much practiſed as formerly; but as I have given a pretty good Account I hope of it, I am of Opinion the Art will be revived, and Capons ſold in greater Plenty than ever.

The Character of the famous Darking *Dunghill Fowls.*

Kings-Head-Inn *at* Darking, Jan. 24*th*, 1747-8.

SIR,

I AM very glad to oblige you with the beſt Account I can give of our Fowls; they are large, and in general white-leg'd; they that are moſt curious of their Breed chuſe a Cock all white, and the Hen of a ſpeckled Mixture of Feathers, but white-leg'd, that making a ſtronger Breed than both being white: They are all round us very careful of their Feed, cramming them with fine ground down Corn made in Rolls and dipped in Milk; they are received by all People as the fineſt of Poultry that any Place affords. *I am, Sir,*

Your moſt humble Servant,

BENJ. BARNSLEY.

Of

Of the TURKEY.

THIS is the largeſt tame Land-Fowl we have in *England*, and by many is preferred to others, if they are well fatted. There are two Sorts of this Species, the common *Suffolk* or *Norfolk* Turkey, and the blue *Virginia* Sort: The firſt are bred in vaſt Numbers in thoſe two Counties, from whence *London* is chiefly ſupplied with theſe excellent Fowls, as appears by the many large Droves of them, frequently ſeen on the Roads thither. A Turkey, ſold at *Artleborough* near *Norwich* for fourteen-pence, at *Stratford* near *Bow* in *Eſſex* was ſold for twenty-pence, ſo cheap are they in *Norfolk*; for here they have many dry ſandy Grounds, that produce Abundance of Turnips, Barley, *&c.* which tend much to the Growth of *Turkey* Poults. The other blue Sort are of the flying Kind, and will ſettle and rooſt on Trees, yet may be kept as tame Fowls, but they muſt have one Wing cut, if they are to be hinder'd from flying, which is practiſed by ſome, and by others not, becauſe ſome Gentlemen delight in their flying Behaviour; and where many of theſe Sort are kept in Parks, or other large incloſed Grounds, a Boy may attend them, and by the frequent Uſe of a Whiſtle, to call and invite them to a Feed of Corn now and then at a particular Place, it will be a great Means of naturalizing theſe Turkeys to the Part, and keep them from ſtraggling too far from home; as it is practiſed in a Nobleman's Park, to my Knowledge. One Cock is enough to ſeven Hens.

Of breeding Turkeys.—As they are of a more tender Nature than moſt other tame Fowls, they are ſomewhat difficult to rear, eſpecially in a cold Country, or on a wettiſh cold Soil; in a warmer one, they may, if kept well, be made to tread twice a Year; but few do this, but are contented with one Brood only. They are commonly ſet with thirteen or fifteen Eggs. The Turkeys are very apt to lay their Eggs in Hedges, where they live near them, and ſit abroad: But of this, our right Sort of Country Houſewives are aware, and take care to ſet them in a Barn, Hovel, or other large cover'd Place; for to ſtint them of Room, is prejudicial to this bulky body'd Fowl in their hatching and bringing up their young.

When the young Turkeys are ſtrong enough to be admitted abroad, they are liable to be hurt by ſeveral Accidents, by Hawks, Pole-Cats, Nettles, *&c.* before they attain an Age of Security. A Nettle will ſting them to death, by making their Head to ſwell, till they pine and die; therefore many good Country Houſewives, to prevent this, where they have Nettles grow near their Houſes, will before-hand pull them up.

To feed young Turkeys.—To a Quart of Pollard, put a hard Egg, and as many Leaves of Wormwood as will make all green, both cut very ſmall, and mixed with as much boiling Milk as will make all into a ſoft Paſte; after young Turkeys have been fed with Bread and Milk one or two Days, feed them with this Paſte for a Week, it will keep them alive. And if you will feed them with ſcalded Bran for a Month afterwards, they will ſhift for themſelves bravely, when otherwiſe they often die very young. But there are ſeveral other Sorts of Food that ſome give young Turkeys, till they are big enough to range for a Living abroad, as Fennel, Curds, *&c.* But in dry ſandy Grounds, they are certainly brought up in the cheapeſt Manner, becauſe in this looſe Earth they eaſily find and pick up Seeds of Weeds and Corn, Worms and other Inſects; and as they in particular love to ſtock their Craws with Particles of Sand, here they have it in Plenty. Some Spring Seaſons of Weather are attended with ſo much Cold and Wet as deſtroys many Broods of young Turkeys, notwithſtanding all the Care that has been made uſe of.

Of fattening old Turkeys.—A TURKEY is not to be fatted like a Dunghill Fowl; if we fat them by Crams, we mix Barley-Meal with Pollard and Water, with which we make Pellets or Crams, and put as many down the Turkey's Throat as it can well take in, every Morning, for three Weeks or a Month, and turn him looſe all the reſt of the Day. This we commonly begin to do before *Chriſtmas*, that the Turkeys may be fatted for a Market or a Friend. Barley-Meal Crams dipt in Milk make their Fleſh appear the whiter.

A further Account of the Breeding and Feeding of Turkeys.—THESE Fowls are bred by ſome Farmers as the moſt profitable Sort; others reject them for their troubleſome Breeding up, and being too great Devourers of Corn. One Author obſerves, that when they have a

large

large Range of Liberty they will feed on Herbs, and Seeds of Herbs, without Trouble or Charge, except in breeding and fattening Time, and then they require very careful Attendance, as they are a tender chilly Fowl; that where they have a Wood or Grove near a Houſe, the Hen Turkey will ſeek her Neſt abroad, conceal it from the Cock, and bring up her Brood with more Succeſs than the more tame; that they ſeldom fatten before Winter be well ſpent, when they forget their Luſt; that the cold Weather gets them a Stomach, and the long Nights afford them much Reſt; and obſerves, that the whitiſh or light colour'd Turkeys are much better Meat than the blacker Sort, but withal, that they are more tender in their nurſing up; when young Turkeys are hatched, to give them a Pepper-corn, one Corn with a little Milk to each Turkey Poult, as being a great Preſervative againſt the Cramp, which theſe Fowls more than ordinarily are ſubject to ſuffer by; that an Egg boiled till hard, and chopt ſmall with Wormwood or Cloves, is a good firſt Food for warming their Bodies and creating an Appetite, and ſo is Cheeſe-Curds and Wormwood. They ſhould be kept from Rain while they are very young, in ſhelter till a warm Day, and then they may be brought out in the Middle of it for an Hour or two, under a Coop, at about a Week old; and ſo on, longer and longer, till they can ſhift for themſelves without the Hen. It is reported, that a Turkey may be improved in Bulk and Goodneſs of Fleſh by Caſtration; and I think, that if the Eggs of the Buſtard were ſearch'd for in *April*, and ſet under Turkeys, they might be brought up as tame as Dunghill Fowls. But of this moſt noble Fowl the Buſtard, more is deſigned to be wrote, when I publiſh my *Treaſure of new Diſcoveries in the Improvements of Inſtrumental Huſbandry, &c.* In ſhort, as the Turkey for its large Body and delicate Fleſh is kept by many Farmers and Gentlemen, and that the chief Art of breeding them lies in their right managing of the Poults, I have further to add, that if they are timely fed with a proper Food, and kept under Cover for the firſt four or five Weeks from Rain, Slugs, or Snails, that are apt to ſcour and kill them, and a Turf of Graſs every Day given them, there needs little Care in their Attendance afterwards. And if they are bred near Oak or Beech Trees, their Maſt in a plentiful Year will fatten them without any other Meat, as is often

ſeen by thoſe Turkeys bred on *Gaddeſden-Hill*, and fed amongſt our many Beech Trees, that are of the largeſt Sort in *England*.

Of DUCKS.

THE Profit of keeping Ducks.—THE Duck is not fit to be kept where there is but little Water in Ponds or Ditches, for if there is but little, they mud and ſpoil it for Kitchen Uſes, and for watering of Cattle; but they are certainly very profitable where there are good Conveniencies for keeping them, becauſe they run up in Growth very faſt for an early Market, eat up the Weeds on Waters, devour Spawn and young Frogs, Caterpillars, Slugs, and Snails, *&c.* return downy Feathers, live cheap, and when fatted under Confinement, with a pure Meat, they are dainty Food for the niceſt Palates; where there is a River or a ſpringy Moor, they will get three Parts of their Living abroad.

Of the ſeveral Sorts of Ducks kept in England.—THE common white Duck is preferred by ſome, by others the Crook-bill Duck, ſome again keep the largeſt of all Ducks, the *Muſcovy* Sort; but the Gentry of late have fell into ſuch a good Opinion of the *Normandy* Sort, that they are highly eſteemed for their full Body and delicate Fleſh; they are very great Devourers of Grain, inſomuch that if they were wholly to be maintained on it, it muſt coſt a Perſon many times more than Ducks are ſold for at the Poulterer's Shop. A good Parcel of Ducks will do great Service in a Turnip or Rape Field, where they are ſeized by the black Caterpillar, and ſo will a Turkey or a Gooſe, for all theſe Fowls are very greedy of ſuch Inſects, and accordingly have proved a Cure, when no other Applications could.

Of breeding Ducks.—ONE Drake will ſerve for near twenty Ducks. In the hardeſt Weather, one Quart of Barley will be ſufficient to feed ten or twelve Ducks one Day; however, the better they are fed the more Eggs they'll lay, and ſo fed they'll lay Abundance at Intervals of Time, beginning after moulting Time about *Allhollantide* or about *Chriſtmas*. Thoſe who have no Duck Eggs of their own ſeek out to buy ſome, for having them in Readineſs to ſet the firſt broody Dunghill Hen, that they may have the earlieſt Ducklings to Market, for when they are very early ſold, they may fetch eighteen Pence apiece,

apiece, in *February*; but then ſuch an early Brood muſt be kept in a Houſe, unleſs the Weather is very mild indeed; and for their firſt Meat, it ſhould be a very hearty Sort, made with Bread and Milk, and Pollard mixt together; ſo that in breeding Ducks, the Dunghill Hen, which commonly ſits firſt, and keeps Houſe better than Ducks, becomes very ſerviceable, and thus there is the greater Opportunity to enjoy a Brood of Ducks both by the Hen and the Duck's ſitting, and of bringing up the more young ones. On this Account many Farmers ſell their Duck Eggs to a good Advantage. Our Vale Farmers Wives duly obſerve to dip the Bills or Beaks of the Ducklings as ſoon as they are hatch'd in Milk, and where they make Cheeſe to give them Curd.

Of GEESE.

SORTS of Geeſe.—THERE are ſeveral Sorts of *Engliſh* tame Geeſe, ſome ſmaller bodied than others, but the largeſt and fineſt Sort that I ever ſaw was at Sir *Jeremy Sambrooke*'s, at his Seat near *Northaw* Common; but that truly honourable and very worthy Gentleman, Sir *John Rawdon*, ſhewed me, at his Seat near *Brentwood*, *Eſſex* (when I carried to him fourteen young tame Pheaſants) a Breed between the *Engliſh* and *Portugal* Sort, which he prefer'd for their good Qualities.

Geeſe ſitting and hatching. — THIS Buſineſs comes in particular under the Country Houſewife's Inſpection, and for managing it to Profit, ſhe ſhould feed her Geeſe well betimes, even from *Chriſtmas*, that they may lay early Eggs, and enough of them for ſetting her Geeſe in *February* or *March* at fartheſt, and therefore ſome Oats ought to be given them or other Corn, or wetted Bran or Pollard, beſides what Food they get abroad; Coleworts raw or ſcalded, or Turneps boiled and Bran mix'd, or raw Carrots chopt ſmall, or Guts and Garbage will very much contribute to their laying and ſitting betimes, that their Goſlings or green Geeſe may come to an early Market for fetching the beſt Price; feed them in the Out-houſe they are to lay and ſit in, for naturalizing them to the Place; provide them Wheat or other Straw, and make them a Neſt with it as far off the Company of other Geeſe as conveniently can be, and as a Gooſe ſits about a Month let her have Water and Gravel conſtantly by her, and

Meat in due Time; ſet her on her own Eggs, for it is thought by ſome that her Knowledge extends as far as this, to approve of, and ſit better on her own than thoſe of other Geeſe. And that if a Dunghill large Hen is broody firſt, it is profitable to ſet her with five or ſix Gooſe Eggs; but this is very ſeldom done, becauſe a Gooſe well fed will lay and ſit early enough, and cover thirteen or fifteen Eggs. The Gooſe having hatch'd, if the Weather is ſeverely cold or wet, ſhe and her Brood ſhould be kept in till the Goſlings get older and heartier, by giving them at firſt Bread, Bran, Pollard, yetted Barley, or other Corn ſcalded in Milk, with chopt Clivers, Lettice, Coleworts, or Turnips boiled to a Maſh, with Bran or Pollard mixt with them, or minced raw Carrots amongſt it, till after a Week or more that they can eat Buck-Wheat, Barley, Oats, or other raw Corn, and ſhift for themſelves. Likewiſe be ſure to put Fennel in all their Water. Thus the Goſlings may be prevented having the Cramp or other Illneſs, which, for want of a careful and right Management at firſt, ſometimes kills them; and for their greater Security, let them go and be kept out a little at a Time, till they are able to endure the Weather, and preſerve them from eating muſty Corn, from the Kite, from the Pole-cat, and *Baltick* Rat, from Hemlock, Henbane, and other poiſonous Herbs by Land, and from the Pike or large Jacks in Water, for that all theſe are Enemies to young Ducks and Goſlings.

The Loſs and Profit of keeping Geeſe.—They are not fit to be kept where there is a Scarcity of Water, but only where there is much Pond Water, or near a River, or on a Common. Here Geeſe may pay better than any other tame Fowl; becauſe they are great Devourers (Hog like) of Meat, and bite Graſs rather cloſer to the Ground than a Sheep, and therefore their Keeping is diſallowed of on many Commons; but where they have Plenty of Water, Graſs, and Weeds, they'll live and thrive with very little Expence all the Year, except in feeding Time for laying Eggs, in ſitting Time, and in bringing up their young. Then it is that ſome Geeſe-Owners buy Oats or other Meat, as thoſe do who live on *Box-Moor* near *Hempſtead*, to whom I have ſold Oats for this Purpoſe; but for the reſt of the Year, the old Geeſe are very little expenſive. A Gooſe, it is ſaid, may live forty or fifty Years, as has been proved; and although ſhe is very old when

ſhe

ſhe comes fat out of the Stubbles, yet her Body being furniſhed on a ſudden with new Fleſh, ſhe may eat to Satisfaction: Which leads me to obſerve, that notwithſtanding it is the Cuſtom of many Farmers in *Hertfordſhire* and elſewhere, to fatten Geeſe chiefly in Stubbles, yet it is the Cuſtom of many others to ſell them lean, as may every Year be ſeen by the great Droves of ſuch Geeſe travelling towards *London*, from *Flag-hundred* near *Yarmouth*, in *Norfolk*. In one Drove there were fourteen hundred ſold at *Stratford* in *Eſſex*, for Twenty-pence a Piece, to fatten for the *London* Poulterers. If Geeſe are fatted in Stubbles, when they are brought home every Night, they ſhould have ſome Pollard or Bran mixt with ſkim Milk, Broth, or Water, or Corn ſoaked and given them in Water; but in a Morning they ſhould eat nothing before they are drove to the Field, becauſe they'll ſearch for their Meat with the greater Diligence. Again, in caſe Geeſe are to be fatted altogether in a Houſe, that Houſe is beſt for this Purpoſe that has the leaſt Light, and is fartheſt off the Noiſe of other Geeſe. There are ſeveral Sorts of Meat to fatten them with, as *French* Wheat juſt broke at the Mill and given in Water, or the Flower of it made into a Pap or Paſte is a great Fattener; ſo is Ground Malt mixt with Pollard and given them in Water, or Barley-Meal wetted into a thin Paſte; but let the Meat be what it will, they muſt always have a Pan of Water by them, wherein is ſome Gravel or Sand; and if with any of theſe Meats, ſome Coleworts, Lettice, or Clivers are given beſides, it will increaſe their Appetite, and cauſe them to fatten apace, in a Fortnight or three Weeks Time; for Goſlings eſpecially are ſuch extream Lovers of Lettice and Coleworts, that they'll almoſt fatten upon them alone, and ſo they will on Carrots cut ſmall, or on Turneps boiled to a Maſh and mixt with Pollard, which is the cheapeſt Meat they can be fatted with. A Gooſe is eaſier brought up than a Turkey, for a Turkey, when as big as a Pigeon, may be ſtung to Death by a Nettle.

Eighteen Goſlings killed and carried away in one Night's Time by a Polecat.—A Man who lives on *Box-Moor*, near *Hempſtead*, had eighteen Goſlings carried away in one Night; and believing they were carried away by a Polecat, diligently ſearched amongſt the Hedges to find his Hole, but finding none, they proceeded to ſearch about a

Bay of Hay in a Barn, and perceiving a Hole, they cut down into it, and there found a Polecat lying in the midſt of it, with moſt of the dead Goſlings, for which they had only the Satisfaction of killing him.

Of SWANS.

THE Pleaſure and Profit of keeping Swans.—SWANS are ſtately beautiful Birds, and are ſaid to be a very proud, but chaſte Fowl; and are ſo ſenſible of Affronts, that I have often ſeen a Cock Swan ſcare both Women and Children in wing-running after them. They are chiefly kept by Gentlemen, who regard them more for Fancy than Profit; not but they will pay indifferently well, if kept under a right Management in large Ponds or in a River. Nor will they leave the Place if pinion'd, but keep ſtrictly to it, even if it be only a Pond of no great Compaſs, as has been ſeen in *Aſhridge-Park*, for ſome Years, in the Time of *Scroop* the late Duke of *Bridgewater*; but if they go unpinion'd, they are apt to take Flights, tho' they ſeldom entirely forſake their firſt Habitation. They are a very hardy Bird, and are not Devourers of Fiſh to any great Damage, for they never dive deep, hardly ever farther than their Necks will reach, ſo that they can only take a few of the ſmalleſt Fiſh. And as to the Expence of their Maintainance, what they get in and about the Water, and the Graſs that grows on the Land contiguous to the Pond or River, with a few Oats now and then, will ſuffice, except in a hard Froſt, when they are deprived of the Benefit of Water; then, indeed, they muſt have a greater Allowance of Oats. The young Swans, called Cignets, if fatted, are a dainty Diſh, and eat excellently well in a Pye, provided they have not exceeded two Years of Age. Their long Neck, broad Feet, and broad Bill, are neceſſary; their Neck to reach, and their broad Mouth to take up much Slime at once, in order to take up Worms and other Inſects from the Bottom of Ponds; the upper Part of their Bill is pierced, in order to diſcharge the Water.

Of Breeding Swans.—SWANS make their Neſt with Flags or Ruſhes, which they build on the Water, amongſt Flags, to a very great Bulk; here they generally lay their Eggs, in *March*, to the Number of four, five, or

ſix,

ſix, and then ſit on them for ſeven or eight Weeks before they hatch; in which Time, as their Neſt is always pretty near the Shoar, they muſt have Oats given them. When they have hatch'd, the young Swans have nothing given them beſides what the old Swan provides, which are Flies, Worms, or other Inſects, Weeds and Graſs, carrying them now and then on her Back, and ſo will the Cock Swan, and provide his Share for them; but after three Weeks Age, the Cignets will eat Oats, which are placed in a Trough fix'd in the Water about two Foot from the Land, to which both old and young have always free Acceſs; and now it is that the Cock Swan is moſt furious at Spectators, as being very jealous of his Mate, and fond of her Brood. Where there is not good Room in a Pond for their large Neſt, or Conveniency to make one with Flags or Ruſhes, Graſs, Straw, and ſuch like Stuff muſt be laid near the Edge of the Water, on the Land, and the Swan will, if not much diſturbed, lay her Eggs in a Neſt ſhe builds there.

How to fatten Swans —To fatten theſe large Water Fowls, they muſt not be totally deprived of Water, and therefore for accommodating them in the moſt natural Manner, Stakes muſt be drove into the Ground round a Place in the Water, by the Shore-ſide, and on Part of the contiguous Land; ſo that one half muſt be Land and the other half Water, that is to be thus incloſed for about half a Pole ſquare, that the Swans may have Liberty allowed them enough to be on either. Here the Cignets, or old Swans that are to be fatted, muſt be confined to feed on Oats, and nothing elſe, and if well ſupplied with them, they will fatten in three Weeks or a Month at fartheſt. Swans are of a dunniſh Colour for the firſt Year; but before the ſecond is over, they will be perfectly white. Then the Cock may be partly known from the Hen, by the larger Comb, Neck, and Legs. About *Michaelmas* Time they ſhould be pinion'd, and for doing it ſafely a Perſon ſhould have ſome fore-hand Knowledge of it, and not venture at random, leſt he kill them by being an ignorant Operator, as one I know did, who was thus the Death of four young Swans out of ſix; therefore obſerve the following Method.

Pinioning a Swan.— Mr. *Bradley*, in his *Farmer's Monthly Director*, page 132. (ſold by Mr. *Brown*, at the *Black-Swan*, without *Temple-Bar*, *London*) ſays, That the

Feathers muſt be pick'd clean round the firſt Joint of one Wing, then take a ſtrong Pack-thread, and knit hard enough round the Place, a little below the Joint, to ſtop the Bleeding, when the Pinion is cut off with a very ſharp Knife. For doing this, the Month of *September* is a good Time.

Of EGGS.

HOW to preſerve Eggs ſound.—DR. *Godfrey* in his Book ſays, That Eggs have been laid under a running Water, and after two Years lying in the ſame have been found perfectly ſound for eating, and breeding of Chickens. He alſo further ſays, That if Eggs are covered with a proper Varniſh they will hold ſound a Year, as has been proved by putting them under a Hen that produced Chickens; for by theſe Means the Air is kept from entering their Shells, and ſo are preſerved from Rottenneſs.

A ſecond Way to preſerve Eggs ſound.—THIS is done by the Art of packing them in a Wicker-baſket, Hamper, or Caſk, for if you place their large Ends downwards, they will keep ſound two or three Months. The Reaſon for this is, When you place them the reverſe Way, the Air has a greater Contact with the Wind-bladder in the large End of the Egg, ſo as to waſte and exhauſt it much the ſooner thro' the Pores of the Shell, for as this Wind-bladder (which ſupports and helps to keep the Yolk from ſinking and running amongſt the White) becomes more or leſs damaged, ſo will the Egg be in Proportion.

A third Way.—WHEN you pack Eggs for Carriage or keeping ſome Time, always ſet their broad Ends downwards, and between every Layer of them put Straw, and keep them out of the Power of cold Air, that it may not freeze them; therefore reſerve the Hamper, Baſket, or Caſk, in a warm Room in Winter, and in Summer in a Cellar. The broad Ends of the Eggs, which are porous, have a thick Skin, which the Egg feeds upon while it lies in this Poſture; but when the Eggs lie long ways, there is little elſe but Skin, and when that is fed on, and eat up by the reſt of the Egg, the Egg begins to rot. It is alſo obſervable, that the Chick's Bill lies next the Bottom, and here through the little Holes it fetches its Breath.

Now

Now if theſe little Holes lie uppermoſt, the Air has the more Power to enter and ſpoil the Egg.

A fourth Way.—A Farmer's Wife, to ſave her Eggs in a cheap Time againſt a dear one, uſed to put them on Wire or other Sieves, or on other Bottoms, and by laying them thus, ſhe turned the Eggs once every Week, from *Auguſt* till towards *Chriſtmas*, in Imitation of the common Higlers Way, who, when they meet with a Diſappointment of Sale, turn their pack'd-up Eggs in a Hamper Bottom upwards, and by ſo doing once a Week, they will keep ſound four or five Weeks.

Rotten Eggs ſold knowingly.—It is too often practiſed by ſome Farmers Wives, to ſave their Eggs from Harveſt-time to ſell near *Chriſtmas*, and though many be rotten, yet they will ſell them as ſound ones if they can, though they know them to be rotten. Therefore,

To know rotten Eggs.—When they are rotten, on holding them againſt a Fire, Candle, or the Sun, they appear of a dirty or blackiſh Colour.

Hertfordſhire *Eggs.*—We generally are ſo careful of ſending clean Eggs to *London*, that when we find any of them ſully'd, we put them for a Minute in warm Water, and rub them with ſcouring Sand; then lay them on a Cloth, and they preſently dry.

The DAIRY.

THE Benefits of making uſe of a braſs Skimming-diſh.—In my Way home from *Suſſex*, on the 15th Day of *June*, 1749, I rode along with a Grazier, that lives near *Towceſter* in *Northamptonſhire*, who informed me he had loſt ſixty horned Beaſts by the reigning murrain Diſtemper; nine of which Number died this laſt Spring. He ſays, he received eighty Pounds from the King for forty of them; that he now keeps forty Cows for carrying on a Butter Dairy, and ſells his Butter all the Year, at a *London* Market, for Seven-pence a Pound in Winter, and Six-pence in Summer. He ſays, there is ſold at ſome Shops a braſs Skimmer for Milk, about the Bigneſs of a common wooden Skimming-diſh; this, he ſays, takes the Cream away right, becauſe it lets the Milk through its little Holes, and retains the Cream. But he ſays it muſt be done exceeding quick, by putting the Cream into a Porringer

Porringer or Pan, which is to be held by the other Hand, leſt the Cream paſs alſo through the Holes. This, ſays he, is an Improvement; for by diſcharging the Milk from the Cream, the Butter will keep ſweet the longer, be better taſted and firmer, Milk being weaker than Cream. Thus the pureſt Cream may be gathered for making the very beſt of Butter, far exceeding the old common Way of blowing off the Cream in the Skimming-diſh with the Mouth, which does it leſs cleanly, and leſs free of the Milk. But, ſay ſome, the more Milk the more Butter; true, but then that Butter is ſo much the worſe, as there is Milk mixt with the Cream. This alſo proves the ſetting of Milk over Embers for ſcalding it, and thereby raiſing a clouted Cream, to be much more profitable than to wait the taking Cream off cold Milk, becauſe the clouted Cream is eaſily taken neat and intirely off the Milk, without a Mixture of it, at once.

The Nature of what the Dairymen call Second-butter, by which may be diſcovered how ignorant Perſons are impoſed on that buy Butter.—This great Dairyman ſays, That to make the firſt and beſt Butter, his Wife ſkims every 12 Hours in Summer, and forbears to do the ſame but a little longer in Winter, and thus ſkims twice for making this prime, beſt Butter: And for making a ſecond Butter, ſhe likewiſe generally ſkims the ſame Milk twice at every 12 Hours End. By this Method, he ſays, his Wife gets Cream enough to make a dozen Pounds of this ſecond Butter, after 12 or 13 dozen Pounds are made of the firſt Butter from the ſame Milk. Now this ſecond or back Butter is worth but very little more than half the Value of the firſt prime Butter: Yet our *London* Butter-woman-Seller ſells it all alike, for one and the ſame Price, either to ignorant Buyers, or to thoſe who are more knowing, who, by being in her Books, dare not diſpute the Badneſs of this Butter. And that for informing this Butter-ſeller, he tells me, that Leaves, or ſome other Mark is laid to this ſecond Butter, for preventing a Miſtake, leſt unwarily ſhe ſells the worſt Butter for the beſt to her beſt Cuſtomers.——— If he ſkims ſo often in Summer, he muſt have a very cold Dairy-cellar indeed, for theſe ſeveral Skimmings are not in common Practice.

Whey Butter.—He tells me they can ſkim their Whey but once at 12 Hours End. This Whey-cream, he ſays, makes worſe Butter than the ſkim-milk ſecond or back Butter,

ter, for it will not keep, and preſently eats rankiſh. I muſt confeſs that the ſquare, leaden, Milk-Coolers in a Cellar will very much contribute to the keeping of Milk ſweet a long time, which he tells me that he uſes altogether, elſe I cannot underſtand how he can ſkim ſo often, and yet get ſuch ſweet Butter as to hold good in Summer Time to *London*, after it has been drawn in a Waggon about fifty Miles.

How in the Management of a Vale great Dairy they get their Fewel, and keep their Cows from having the red Water, or piſſing of Blood.—In *Buckingham*, *Bedford*, and *Northampton* Shires there are many great Cheeſe and Butter Dairies carry'd on, without ſo much as an Acre of plow'd Ground, who have only a Dwelling-houſe and one or two Calf-houſes belonging to them. In ſuch a graſing Farm they perhaps keep forty, fifty, or ſixty Cows, and always milk them abroad Summer and Winter, and if Snows fall deep, they fodder, and ſit on a Stool in the Snow to milk. And when a Calf falls, it is houſed, and the Cow kept in a Night or two, but they quickly ſell off the Calf for employing the Milk to make Butter or Cheeſe. Here many have few or no Hedges, but part their Grounds by Rails, Banks, or Ditches, which conſtrains them to get Cow-dung, and cut (if there be any) ſcrubbed Black-thorn or Gorze, for two Reaſons, one is for Fewel againſt Winter, the other is to prevent their Cows cropping the young Shoots of theſe Vegetables; for if they are let to grow any thing long, they are apt to cauſe Cows to piſs bloody Water. Fewel being thus ſcarce, they go with a Cart or Wheel-barrow, and take up Cow-dung ſoft or hard, and continue doing this at Times all the Summer, for getting good Store of it againſt a long Winter, and for relieving the Ground from a Cover of it; for if Cow-dung is let alone, it will grow hard, and kill the Graſs underneath it; for this Dung, though very ſoft at firſt, will harden to that Degree, as not to be waſhed away by Rains for a Year or more. Now the Value of this Cow-dung does not end here, for after it is burnt, by Way of Kitchen-fewel, the Aſhes of it are excellent to dreſs their graſing Grounds, and therefore the poor People ſell them to the graſing Farmers for a Crown a Cart-load.—If your Cow ſhould piſs bloody Water, you may give the following Medicine:

To ſtop bloody Water piſs'd by a Cow.—TAKE Penny-graſs, Scabious, and Camomile, a little of each, a few Cloves bruiſed, or ſome Cinnamon; boil theſe in a Quart of old Verjuice; give a Pint of this warm to a Cow faſting out of a Horn; if it does not anſwer at firſt, renew it three or four Mornings.——But for four other Receits to cure this Malady, ſee my *Modern Huſbandman*, ſold by Mr. *Thomas Oſborne*, in *Gray's-Inn*, *London*.

The good and bad Properties of Cows.— A BOOK entitled *The Country Houſewife*, without an Account in it of the Advantages that Cows may yield, and how ſuch Advantages may be acquired, would, in my Opinion, render me a prepoſterous Author, and be a tacit Declaration I was never Owner of a Cow; or if I was, that I knew not how to write of her Qualities, which is perfectly neceſſary in the Work I have here undertaken; for Cows are certainly the moſt uſeful Beaſts belonging to a Country-houſe, becauſe at Gentlemen's Country-houſes and at Farms, their Produce of Milk, Cream, Butter, Cheeſe, and the Management of them, generally belongs to and comes under the Woman's Province; wherefore their Qualities ought to be enumerated. Yet ſo neceſſary as this is, many of them have ſlipt the Notice of moſt Authors; therefore as I am an Owner of Cows, and find them pay me well, by their enabling me to make Butter or Cheeſe, or for ſuckling Calves for the Butcher, eſpecially in the Summer Vacation Time, while my Crops of Corn, Graſs, Fruit, and Wood are growing, I have to ſay, that that Cow is a very valuable one that gives 4 Gallons of Milk in one Day, in her Proſperity; though I have heard of a Cow, thought to be worth ten Pounds, that gave five Gallons a Day, in the Months of *May* or *June*, on a full Bite of Graſs, and continued giving Milk till near her Calving (but I ſay, it is a good Cow that gives three Gallons a Day) while ſome others go dry two or three Months: She was a healthful one, hardy, gentle, and eaſy milked. Such a Cow as this deſerves to have her Breed increaſed; for where one Cow merits this Character, there are twenty that do not. I have one Cow, and ſhe is of the *Holderneſs* Breed, that would give Milk almoſt to her Calving; but this no prudent Farmer will ſuffer, becauſe it would ſurely damage himſelf and her; for it is well known to us Cow-keepers, that although it is a common braggadocio Saying with ſome Sellers of

Cows,

Cows, that ſhe'll give Milk till ſhe calves, yet I am ſure, if this is allowed, it will not only reduce the Cow's Fleſh and make her lean, but cauſe her to bring a very ſmall Calf. However, I knew a Farmer at *Eaton* in *Bedfordſhire*, that was perſwaded, by the ignorant Sort, a Cow would not be the worſe if ſhe milked within a Week or Fortnight of her Time, and he took their Advice; the Conſquence of which was, it ſunk the Cow's Fleſh, cauſed her to bring a very ſmall Calf, and made her give a very little Parcel of Milk for ſome Time after: Whereas had the ſame Cow been dried a Month or better before her Calving, ſhe might very probably have kept herſelf in good Fleſh, brought forth a large Calf almoſt half fat, and have given a large Quantity of Milk beſides. This is now ſo well known among judicious experienced dairy Farmers, that there are few or none but what obſerve to dry their Cows a Month, before Calving, if they don't dry of themſelves; as many do, for there are ſome Sort of Cows, eſpecially the red Sort, that give the moſt Milk for a Time, and then they'll dry of themſelves within two or three Months of their Calving. And it is this Sort therefore that bring the largeſt and fatteſt Calves, and give the greateſt Quantity of Milk, till they thus dry of themſelves: For the ſame Reaſons, when a Cow is wanting of this Quality by Nature, the drying of her in due Time ſhould be forced; a Caſe contrary to the Notion of a late famous Author, who, in his *General Treatiſe on Huſbandry*, has theſe Words—"Nor can I find any Rea-
"ſon, why the black Cattle, which are thus conſtantly
"in Milk ſhould not bring a well-grown Calf; for ſeeing
"how moderately they diſpenſe their Milk at each Meal,
"we may reaſonable infer, that they give only what
"Nature allots them to ſpare from their Nouriſhment,
"and rather ſeems to be a neceſſary Diſcharge of Juices
"than any Inconvenience, either to the Cow, or the
"Calf ſhe is pregnant with. For in ſuch a Caſe, the
"Calf will naturally draw to itſelf from the Mother what
"Juices are neceſſary for its Support, and if it re-
"quired more than the Cow could conveniently fur-
"niſh, the Cow muſt then neceſſarily languiſh, and
"as ſurely loſe her Milk; ſo that while we find Milk
"in a Cow, we cannot reaſonably ſuppoſe, that either
"the Cow or Calf want Nouriſhment." Thus far this Author.—Next, I have further to obſerve, that

to

to have a right Sort of Cow, either of the red or black Sort, ſhe ſhould be thin-ſkin'd, taper-headed, ſlender-neck'd, low-leg'd, well-ſhoulder'd, ſmalliſh Teats, with a round thin-leather'd Bag, in Refuſal of thoſe Cows that are furniſh'd with Parts of a different Make and Shape.

How to milk an unlucky Cow and prevent her Miſchief.— As inſignificant an Article as this at firſt may ſeem to appear, I am ſure there are thouſands that ſtand in need of its Information. In *Cheſhire* and many other Places the Milk-maid wears a black Hat, partly becauſe ſhe is obliged to puſh and hold her Head hard againſt the Cow's Flank, to diſcourage her from kicking the Pail of Milk down, for ſuch Preſſure ſomewhat diverts the Motion, becauſe as the Maid puſhes her Head hard againſt the Cow, the Cow naturally leans her Body hard againſt the Maid's Head, by which ſhe can feel the Cow's Intent to ſtrike, and ſo take away her Pail in Time; yet I call this only diſcouraging, for it will not always prevent it, for ſome Cows will kick to that Degree, that they muſt have their Legs fetter'd, by tying them above the hind middle Joints. Others again are ſo unlucky, that to prevent the Damage of their kicking, they muſt be milked through a Hurdle. Of this Sort are many of the *Holderneſs* Breed, that have large Bodies, ſhort Horns, taper-headed and necked, thin-ſkin'd, and give a great deal of Milk, but are very apt to kick, break through Hedges, and leap over Gates and Stiles. And when they are ſo very miſchievous, as ſome of them are with both Head and Heels, they are better parted from than kept; if kept, the Milk that is got from them muſt be by only milking a ſingle Teat or Dug at a Time into a Pint wooden or earthen Diſh or Bowl, and that in ſuch Danger, as makes it perhaps not worth while to keep her. But this is not all the Miſchief that belongs to an unlucky Cow, for many of theſe Kickers are very apt and prone to buck other Cows, ſpoil their Bag (as I have known an Inſtance of) and ſometimes the Calf in the Cow's Belly; for which laſt Reaſons, all Cows ſhould have wooden Tips faſtened to the End of their Horns, to prevent the great Danger that weak and underline Cows are liable to ſuffer by thoſe we call Maſter Cows; for woeful Experience has given us many deplorable Caſes of Miſchief done by Cows Horns to Men, Women, Children,

and

and Beaſts. Therefore I have always every one of my Cows Horns thus ſerved, whether they be of the unlucky or the gentle Sort; for although a Cow may be gentle at other Times, yet when ſhe has a Calf by her, there is Danger in feeding, milking, and ſuckling her. The next Thing I have to advance is, that if the Maid milk croſs-teated, that is to ſay, if ſhe milks a backward Dug of the further Side with the forward Dug of the hither Side, it is thought the Cow is not ſo prone to kick, as if milked by the next two Side Dugs, but that ſhe'll give her Milk down the freer for it. And indeed, this Croſs-milking is both eaſier for the Cow and the Milker. Again, it is the neceſſitous Caſe of many Farmers to feed their Cows at a conſiderable Diſtance from the Houſe, in Summer-time eſpecially, which Travel brings a Beaſt under great Heat and Pain, with their full Bags of Milk; therefore Croſs-teat-milking is here a beneficial Service, becauſe it diſcharges the Milk from both Sides the Bag in equal Quantities, and thereby cools, eaſes, and refreſhes the Cow at once. It is likewiſe to be obſerved as a material Point in milking of Cows, and which is the Cuſtom of ſome Dairies, that after all the Cows are milked, the Milker begins again to milk, or what we call drip that Cow which was firſt begun with, and ſo on, dripping every one of the reſt. One Intent of which is to prevent Milk being left in the Bag; for ſome of the idle Sort of Milkers are frequently guilty of this, and then it greatly damages the Beaſt, and prejudices its Owner, by leſſening the after Quantities of Milk, and drying the Cow the ſooner. A ſecond Intention is, that by thus dripping or milking a Cow over again, that Cow which held up ſome of her Milk the firſt Time, may give it all down at the ſecond milking. A third Intention is, that by this dripping of Cows, there will be got what we call Stroakings, which being little inferior to Cream may be added to it and increaſe its Quantity. But for performing this with Judgment, it is hardly worth while to do it, where there are but few Cows kept, and where there are many there ſhould be more Hands than ordinary to diſpatch the Dripping, elſe the Cows may be obliged to ſtay too long from feeding, and their Bags or Udders repleniſhed with new Milk, to the leſſening of the next Meal. Again I have to obſerve, that a ſlow Milker damages a Cow, by leſſening her Milk; when one

that milks briſkly, and is uſed to milk her, preſerves her Milk in good Order. And for her longer Continuance in Plenty of Milk, that Cow that calves in *April* or *May* ſtands the beſt Chance for it, becauſe the firſt Spring of Graſs meets her; and although ſome of the ſmall *Welſh* Cows will live on a ſhorter Bite of Graſs, and are hardier than the larger Sort, yet their Carcaſes are of the leſs Value to fatten. Therefore where there is Meat enough for a large Beaſt, I am of Opinion, they'll pay more than a ſmaller one, becauſe when they go gueſt and have done milking, and are fatted for the Butcher, their Price will be large accordingly, as I have proved, by fattening my own Cows abroad and at home.

The kicking Cow.—THERE are many Cows brought under very ill Behaviour, by Means of a young ignorant Milker, who, becauſe the Cow don't juſt pleaſe her, raſhly ſtrikes or ſcolds at her, when a gentle Behaviour would incite the ſame in a Beaſt, witneſs what ſome Cows are brought to by the like. I have ſeen more than one Cow led by a String in the Hand of a Boy or Girl, for the better confining the Cow to feed on common Field Ground between Corn Lands; and it may be depended on as a true Maxim, that if a Cow can't be broke of her ill Tricks by fair Means, it can never be done by foul.

How to hinder a Cow from holding up her Milk.—FOR this there have been ſeveral Devices made uſe of: As firſt to twiſt a Rope hard about the Cow's Body while ſhe is milking: Secondly, to fling cold Water over the Loins, and then directly to milk her: But this ſhould be done for ſeveral Days: Or if the Cow is to be ſuckled, milk her firſt, and let the Calf draw away the reſt, for a Cow will (or is forced to) give it a Calf, when ſhe will not to a Milker.—Or to make her leſs regard holding up her Milk, let her have Hay or other Meat before her while ſhe is milking.

The Life of a Cow ſaved by the Care of a Servant-Maid.—IT was the Maid-Servant of a very ſmall Farmer, who kept but one Cow in all (but of ſo kind a Breed as to give Milk enough to ſupply his Houſe, and ſome to ſell beſides.) And thus this Cow became Part of the poor Man's Bread. Now it happened that as the Farmer had but little Ground, and that under Crops of Grain, he was neceſſitated to turn this his Cow into the High-Ways,

to

to pick up and get a Living as well as ſhe could, without any Miſtruſt of her doing ill by eating what ſhe could find; but ſo it was, that in being thus ſharp ſet to get a Living, ſhe was obliged to eat Nettles, and by Cuſtom ſhe came to love and eat them ſo greedily, that at laſt ſhe hoved and ſwell'd with them, as if ſhe had eaten Clover-graſs. This being perceived by the Maid-Servant (for no Body was at home but her) ſhe in all haſte drove the Cow towards the Farrier's Shop, which was about half a Mile off, and in driving her ſhe dropt down by the Way, and became ſuch a Sight as brought the Neighbours about her; ſome of whom adviſed the Maid to ſend in all haſte for ſome Gin and Pepper. And by giving her a Penny-worth of Pepper in half a Pint of Gin, the Cow immediately diſcharged abundance of Wind (which was the Cauſe of the Malady) and perfectly recover'd on the eleventh Day of *June*, when the Nettles were in their greateſt Rankneſs of Sap; but for an Antidote againſt ſuch deſtructive Accidents, our Country Houſewife ſhould endeavour to have the following Remedy given to each Cow at its firſt turning into Clover, Rapes, Turneps, or into any other dangerous Feeding.

Of Antidotes for preventing the hoving or ſwelling of Cows while they feed on Clover, Rapes, Turneps, &c.—— CLOVER, Rapes, and Turnep-tops, are accounted the three worſt Sorts of Vegetables for cauſing Cows to hove, ſwell, and die: Therefore it is of great Importance to endeavour a Security againſt their fatal Effects, and how to do it deſerves the Notice of all ſuch whoſe Beaſts are liable to theſe Accidents. In ſome Vales indeed, where they ſow no Clover, Rapes, or Turneps, they are in no Danger of this fatal Malady: But in chiltern Countries where they are, none ought to be without the Knowledge of the following Ingredients: When a Cow firſt goes into Clover, Rapes, or Turneps, *&c.* let one Man hold her by the Horn, while another takes hold of her Tongue, and thruſt down her Throat an Egg-ſhell full of Tar, then let her go.—Or you may cut off the Head, Tail, and Fins of a Red-Herring, and dip it in Tar for giving it as before.—Or you may give the Cow a Belly full of good Hay juſt before ſhe goes into Clover, and if ſhe is kept in every Night on Hay, and turned out every Morning, it will be a greater Security.—A Tar and Hay Preparation is what I generally every Year obſerve to

make uſe of, when I put my Cows to feed on any of theſe hoving Vegetables, leſt I ſuffer as an old Farmer did, who being neceſſitated to turn his Cow to graſs, put them into a Field of Clover on the 31ſt of *March*, 1740, and loſt the beſt of them, for ſhe quickly ſwelled, hoved, and died after being turned into it; and yet this old Farmer is juſtly accounted an acute one as any is in our Parts for his Management in the old Way of Farming, but as to any new Way he is averſe to it, becauſe he can't give Credit to what his Forefathers never knew nor practiſed: But this he might have known, that Clover, though ſhort at its firſt Bite, is full of Sap (as this was) and therefore very windy, and the more apt to ſwell a Beaſt, as I have found by many Trials.

How a Cow's Life was ſaved that was hoved in Clover, when internal Remedies failed, ſhewn by a Caſe of my Neighbour's Cow.—A Cow that was hoved and ſwelled in feeding on Clover-graſs fell down and muſt have died, had not an accidental Stander-by ſtabbed her with his pointed Pocket-knife; for he had learned that ſuch a Method was the laſt Thing that could be done to a hove Cow paſt any other Remedy, and that it was ſafe ſtabbing her in the Paunch clear of her Kidneys, as it proved by this Fact; for as ſoon as he had ſtabbed her, out came Dung and Wind in a very violent Manner. Upon which they directly tarred the Wound, and cover'd it with a Plaiſter of common Pitch, to the entire curing of her.

The beſt Remedy perhaps that ever was found out for curing Cows of the Murrain; or a famous Cure made on a Butcher's Cow, that was ſeized with the Murrain Diſtemper at Little-Gaddeſden. — On the 29th of *November* 1746, Mr. *Edward Thorne*, a Butcher at *Little-Gaddeſden*, bought two fat Cows to kill (for about this Time they were very cheap, becauſe many Beaſts were ſold in Apprehenſion that the fatal Malady would ſeize and kill them, which at this Time raged in *Buckinghamſhire*, *Bedfordſhire*, and in ſome other adjacent Counties) but finding them in Calf, he reſolved to keep them for Milch Cows, and they went on very well till the 5th of *December* following, when one of them fell amiſs, ſeized with the Murrain or Plague, which made her grate her Teeth, run at the Eyes, hang down her Head, ſcour, and would not eat: Upon this the Butcher firſt blooded her, then clapt four Rowels in her, one in each Buttock, the

others

others on each Side her Neck, made with Horſe-hair and Tow twiſted together, with Horſe Turpentine. Then he made a Drink with half a Pint of Gin, a Pint of Ale, about an Egg-ſhell full of fine wood Soot, one Ounce of the Flower of Muſtard-ſeed, and two Eggs maſh'd with their Shells. This Drink he gave her out of a Horn, and at every two Hours End ſome thin Malt Maſh out of a Horn, with a very thin Malt Maſh ſtanding before her, that ſhe might drink of the Liquor of it, for he gave her no Water, and it anſwered the Intent; for in about eight and forty Hours Time, this Drink and one more knit her, by altering her ſcouring, and cauſed her to dung thickiſh, and in two Days Time more ſhe kick'd up her Heels and was perfectly well: And what was very ſurpriſing, the other Cow that was kept in the ſame Yard all the while was not infected, for the Butcher was afraid to take the well one away, leſt he ſhould give Offence to his Neighbours by endangering their Cows.—To account for this Succeſs, the Butcher is of Opinion, that the Muſtard and the other hot Ingredients threw out the Diſtemper, by ſweating the Beaſt, and told me he came by this Receit accidentally as he bought Cattle of a *Leiceſterſhire* Grazier, who declared to him, that this ſame Medicine had ſaved of one Man's Cows twenty out of two and twenty that were ſeized with the Murrain Diſtemper. The Parts where the Rowels are fixt will ſwell much, but on their running the Swelling will ſink and draw the Fever out of the Cow's Head.—And it is my humble Opinion, that there was never a better Remedy ever found out than this, for the Cure of the Murrain, becauſe here are ſeveral Operations performed on the Cow's Body at once, both inwardly and outwardly, which gives her two Chances for her Life; if the Rowels run, we ſay there is no great Danger of the Cow's doing otherwiſe than well.

How to prevent the Murrain Diſtemper ſpreading amongſt Cows.—THE following has been uſed with great Succeſs in ſeveral Places where the Diſtemper among the horned Cattle has raged very violently, and comes recommended by a very able Phyſician. ——Take Tar and Flower of Brimſtone, of each half a Pound, Oil of Turpentine four Ounces, Aſſafœtida two Drams: Mix theſe well together, and with a Painter's Bruſh do the Noſe and Muzzle of the Cow Night and Morning.

Of Thefts and Robberies, with Precautions to prevent them.

ACCOUNTS of this Nature may perhaps be of more Conſequence to Gentlemen, Yeomen, Farmers, and others, than all I have wrote before: For if a Gentleman or Farmer runs out and gets into a ruinous Condition for Want of Knowledge, Inſpection, and careful Management of his Affairs both at home and abroad, he may thus be deprived of the Means to live happy. And I am well aſſured that many Gentlemen, Yeomen, Farmers, and others, have run out their Income, merely by their Servants Careleſsneſs and Pilfering, and too often by the Thefts of ill Neighbours: Wherefore I have thought it neceſſary to publiſh the following Accounts of Thievery, for Examples, that others may learn to avoid falling into the like Misfortunes.

How two Threſhers ſtole much Corn from their Maſter.—A MAN living near me, coming into the Poſſeſſion of a little Farm of twenty Pounds a Year ready ſowed with Grain to his Hand, after Harveſt employed two Threſhers to threſh out his Corn, believing they would not wrong him, as he paid them well for their work, but it otherwiſe happened; for as the Owner followed the Farrier's Buſineſs at four Miles Diſtance from the Farm, theſe Threſhers lived at Diſcretion, and therefore, being very great Rogues, took the Advantage of their Maſter's Abſence, and carried ſeveral Buſhels of his Wheat to the Mill to grind for Flower, beſides what they conveyed away for raiſing ready Money; for the Farrier believed they ſtole in all forty or fifty Buſhels of Wheat, and ſeveral of Peaſe, and for furniſhing themſelves with Meat they ſtole Mutton; upon which one was taken up, and ſent to *Hertford* Gaol in *January* 1748-9, where he died, before the Aſſizes, of the Gaol Diſtemper; the other confeſſed he ſtole only two Buſhels of the Wheat, but for Want of other Evidence, and for the Sake of his large Family, that muſt have fell on the Pariſh if he had been hanged or tranſported, he was not proſecuted. Now this Farrier was brought up from his Cradle in the Country, was near fifty Years of Age, and accounted as ſharp a Man in his Way

as

as moſt is, yet proved a mere *Ignoramus* in the Management of a Farm.

How a villainous Servant of a Farmer, by a falſe Key he got, had free Acceſs for a long Time to his Maſter's ſtrong Beer Cellar.—THIS Fellow was Servant to Mr. *Linny*, a famous Farmer at *Beckwood*, Tenant to that late generous worthy Gentleman Sir *Thomas Seabright*, Member of Parliament for *Hertfordſhire*, where, after he had been ſome Time, he got Poſſeſſion of the Key of his Maſter's ſtrong Beer Cellar, long enough to take its Impreſſion in Clay, and have it match'd at an Ironmonger's in *Dunſtable*; and being (as he thought) thus compleatly furniſhed, he put the original Key in the Way of being found by his Dame. After this he took his Opportunity of trying his new Key, which was a little twiſted, and every Way like the old true one, except its being too ſhort in the Hollow: However, to cure this, he made uſe of a Gimlet, and bored ſo long till he made it do, and then he had free Acceſs when he thought fit to fill his Belly with any of the Liquors he found in the Cellar, for this Tenant kept a good Houſe; and thus this Villain went on till he went into another Farmer's Service near his former Maſter, yet was not deprived of having a Belly-full of Mr. *Linny*'s ſtrong Beer once a Week, for when a new Servant came into his Place, he quickly got acquainted with him, telling him how he had gone on, and that if he would every *Sunday* give him Liberty, he would give him his Key. This was agreed to, and both of them every *Sunday* got into the Cellar, and there drank at their Pleaſure for almoſt another Year, till at laſt the Maſter and Miſtreſs miſs'd ſo much of their Liquors, that they miſtruſted a Bite; upon which the Miſtreſs lock'd herſelf into the Cellar, and by waiting catch'd the preſent Servant, who confeſs'd the other, and who for Fear of Proſecution left the Country for ſome Time, till he heard his Maſter would pardon him, if he would come and make an ingenious Diſcovery of the whole Matter, which he did in the Manner I have related it.——Perſons ought to take particular Care of this Piece of Villainy, for it is too commonly practiſed: I knew two Fellows in our Pariſh that did the ſame, and reigned in their Roguery a conſiderable Time, by which and other Misfortunes their Maſter ſold his Eſtate of forty Pounds a Year, and became poor.

How a Taylor undertook a Farm who knew nothing of it, and how he was robbed.—THIS Man lives about four Miles from *Gaddeſden*, and wanting Hay I ſold him ſome the 8th of *April*, 1749, when he told me, That having marry'd a Wife, and got a Houſe and Land, he was deſirous to take a little Farm near him: This he did, and kept, I think, four Horſes; but being ignorant in many Branches of the farming Buſineſs, among other Diſcourſe he ſaid to a Friend of his, He could not tell when a Labourer had done his Day's Work. Oh, ſays his Friend, they will ſoon make you know that, and ſomething elſe. And ſo they did, for one he catch'd ſtealing his Bacon, by cutting a Piece off as it hung up in the Kitchen. Another ſtole this or that Thing, which he detected them in; however, by being thus bit to his Loſs, he took Courage, look'd out ſharp, and now makes a tolerable good Farmer.

A Gentleman of a conſiderable Eſtate run out by his Servants holding a Correſpondence with bad Neighbours.—THIS Gentleman coming to an Eſtate of above a thouſand a Year, at a young Age, left his Servants to manage his domeſtick Affairs; who managed ſo, that he run out conſiderably, though in a ſingle Life; till at laſt his Eyes were opened, and he perceived how the Loſs happen'd, which was by his Servants holding a Correſpondence with vile Neighbours, for in order to pleaſe them, they pilfer'd from their Maſter thoſe Things which brought him under great Loſſes; but on diſcovering their Villainy, he forbid any of his Family ſo much as to talk with a Neighbour. If they did, he or ſhe was to be directly turn'd away. And his Prohibition (as he lived in a lone Houſe at ſome Diſtance from others) had ſo good an Effect, that he recover'd his Loſſes, and is now a very rich Gentleman, living, northward, about a hundred Miles from *London*.

How a Yeoman's Maid-Servant pilfered her Maſter's Flower, Bacon, Cheeſe, &c. and exchanged them for Gin.—A YEOMAN in *Hertfordſhire*, whoſe landed Eſtate is about ſixty Pounds a Year, kept a Maid-Servant that ſo loved Gin, as to carry now and then ſome of her Maſter's Bacon, Flower, or Cheeſe, to an adjacent Shop where they ſold Gin, where ſhe would drink till ſomewhat intoxicated; and as her Miſtreſs was an indolent ſort of Woman, ſhe perceived not the Maid's Wickedneſs,

for

for a long Time, for when ſhe got a little tipſey, ſhe told her Miſtreſs ſhe was ſeized with a Pain in her Stomach, waspity'd, and thus frequently obtained Leave to go to Bed ſooner than ordinary; till at laſt her Wickedneſs appeared palpable, and ſhe was diſcharged, leaving a Score of five Shillings at the Gin-ſhop unpaid.—I could record many more ſuch Villainies, but my Room will not allow it.

The Character of that great Oeconomiſt Scroop Egerton, *late Duke of* Bridgewater.—THIS Nobleman was certainly poſſeſs'd of many fine Qualities, particularly that of Temperance in eating and drinking, and in many other Branches of Living. He was (I believe) never known to be intoxicated with Liquor, for he and his Ducheſs ſeldom or ever exceeded a Pint or a Quart Bottle of Wine at Dinner. His Breakfaſt was a Meſs of Water-gruel, and as he always roſe betimes, while in the Country, when he had eaten it he would ride or walk out till ten, and then come home to a Tea-breakfaſt with his Ducheſs and Daughters. His Supper was Tarts, Haſty pudding, Pancake, or other light Food, in Refuſal of Fleſh; but he generally eat as hearty a Dinner as any Man, having extraordinary Plenty of all Manner of dainty Proviſions, and two Men Cooks to dreſs them. His Exerciſe was walking amongſt his many Workmen, with whom he was ſo delighted, that he ſeemed never better pleaſed, than when he was giving them Orders and ſeeing them work in the beſt planted Park in *England*, in his many incloſed Fields, Woods and Garden. And ſo extremely fond was this Gentleman of a Country Life, that he would every now and then take a Trip, even in Winter, down to his Seat at *Aſhridge* from *London*; and notwithſtanding the Fatigue of his Journey, I have ſeen him, the ſame Day, walk through a great Shower of Rain to a conſiderable Diſtance in his great Coat, to view a new-made Pond or other Novelty. His Number of Cart, Race, and other Horſes was one hundred and fifty at leaſt; his red and fallow Deer, above one thouſand; his menial Servants of all Sorts, about ſixty; and his Day Labourers, thirty: And although he kept a large Pack of the fineſt fleeteſt Hounds in the Country, yet he would latterly ſeldom go with them; but on the contrary has been heard to ſay, he wiſh'd in his Youth he had minded them leſs, and the Improvement of his Eſtate more.

However, he pretty well redeemed his loſt Time, for he planted much, and ſeldom felled a Tree, unleſs at a very great Age indeed. His Houſhold and other Parts of his Œconomy were attended with a very cloſe Inſpection, particularly that of his Servants Accompts; his Houſekeeping was exerciſed in Plenty, yet with Frugality; and there was always enough of every Thing that was good; his Corn-fields furniſhed his Houſe with Bread, Malt, Oatmeal, *&c.* and he ſold much Grain beſides, at *Hempſtead* Market; his Cows ſupplied Milk, Cream, and Butter, but his Cheeſe he bought: He was ſuch an Admirer of the Lady-finger natural Graſs, that grew in his Meadows, that he would now and then recommend its excellent Virtues to others; his Oxen, Sheep, Lambs, and Calves he generally fatted in his own Grounds, and commonly killed an Ox every Week or Fortnight, beſides ſmaller Meat, giving large Quantities of it every Week to the adjacent poor People, to the making of their Families Hearts glad. His *London* Houſe he alſo, in Winter, ſupplied now and then with Mutton, Lamb, Veal, Veniſon, Bacon, Pork, Pigs, Fowls, Eggs, and Flower; likewiſe with Fruit and other Garden-Ware, ſtrong Beer, Wood, Charcoal, Pond and River Fiſh, to the furniſhing his Table with wholeſome pleaſant Viands, and to the ſaving of much Expence; for which Purpoſe the Duke had a Waggon or Cart every Week loaded, almoſt throughout the Winter, with theſe Proviſions. His Servants had one of the mildeſt Maſters upon Earth, ſeldom, if ever, being in a Paſſion with any of them, nor did he ever turn any of them off, without a very capital Offence indeed; and when ſuperannuated, they were ſure of a comfortable Subſiſtence during the Remainder of their Life. He delivered ſome of his low Meadows from Inundations of Water, by cauſing *Great-Gaddeſden* River to run round inſtead of paſſing through it, as formerly. He ſeldom denied a Neighbour a Favour, an Inſtance of which is my own Caſe, by his giving me Leave to remove a Barn of three Bay from off his Copyhold Land, to my Freehold Land. He made many fine Purchaces of landed Eſtates, and yet left behind him ('tis ſaid) a prodigious Quantity of ready Money, beſides a moſt bulky yearly Income. He died in *January* 1744-5, at his *London* Houſe, greatly lamented by his Relations, Friends, Servants, and particularly by the Poor, after complaining

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(the Day before his Death) he was not well at his Stomach; however, he ſeemed pretty well next Morning, and eat his Breakfaſt as uſual; but in the Afternoon lay on the Bed, to take a Nap, having a Cord given him in his Hand to ring when he waked; but lying longer than ordinary, without hearing of him, his Ducheſs, with another Perſon or two, went to his Bedſide and found him dead, with the Bell-ſtring in his Hand, and without the leaſt Ruffling of the Bedcloaths; ſo that it is thought he went away in his Sleep: However, he was directly blooded in the Jugular Vein, which bled pretty well; yet he was thought by the Doctors to have died about an Hour before, at the Age of about ſixty-two. He was a conſtant Churchman, a loving Huſband to his excellent Ducheſs, a moſt affectionate Father, and a true Friend to all he profeſs'd himſelf ſo.

THE

COUNTRY Family's Profitable Director:

According to the Preſent Practice of the Country Gentleman's, *the* Yeoman's, *the* Farmer's, *the* Labourer's *Wives, and Others, of the Counties of* Hertford, Bucks, *and other Parts of* England.

PART II.

Of WHEAT.

THE *Uſes of Wheat.*—This King of Grain is, according to Mr. *Mortimer*'s Notion of it, the moſt general Grain uſed in *England* for Bread, although it is not unfit for moſt of the Uſes the other Grains are fit for; as for Beer, a Proportion of which being added to the Malt, helps much the keeping of it: If a little Wheat-bran is boiled in our ordinary Beer, it will cauſe it to mantle or flower in the Cup, when it is poured out; which ſheweth what a rich Spirit Wheat is endowed with, that ſo much remains in the Bran. If Wheat be malted, and a ſmall Quantity be added to other Malt, it will add much Strength to your Beer; but it is ſomething more fulſome, being reputed to be the principal Ingredient in the making of Mum. Starch is alſo made of muſty unwholeſome Wheat,

Wheat, and of the Bran thereof, than which there are few things whiter.

How much Fewel may be ſaved by the Make of a particular Oven.— Mr. *Mortimer* ſays, It may not be improper for the baking of Bread to inſert an Oven, which a Friend of mine (ſays he) has made, at the further End of which he has made a Vent for the Smoak, which, if he had carried upright, would have obliged him to have been at the Charge of a particular Funnel for it; beſides, he could not have well come at it, to ſtop it up when the Oven was hot, and therefore he brought it with a Pipe over the Top of the Oven, by which Means he can ſtop both the Mouth and Vent together. He tells me, That the Air drawing through the Oven, his Wood kindles preſently, and that any green Wood will burn in it. He ſays, It takes up but one third Part of the Wood, that another Sort of Oven takes up to heat it; alſo that Brick Ovens heat much ſooner and better than thoſe made with Stone.

Of a Sort of wheaten Bread made in a Gentleman's Family in Derbyſhire.— This worthy Gentleman, although poſſeſs'd of a plentiful Eſtate of one thouſand a Year, yet both he and all his Family, throughout the twelve Months, eat their Bread made from Wheat Flower, as it came from the Mill, with all the Bran in it, except now and then, when he himſelf eat fine manchet Bread ſpread with Butter for his Tea Breakfaſt. And it was the Practice of his Servant that made it, to let it ſtand in the Oven all Night, which they believed added to its Sweetneſs; for as his Servant told me (whom I ſent out of *Hertfordſhire* to be his Plowman, where he always eat wheaten Bread free of the Bran) he thought it the beſt Bread he ever eat; and there are many other good Families eat the ſame wheaten Bread, made of the Flower as it comes from the Mill. Though this Sort may at firſt ſeem a little rough and harſh to a Stranger, yet by Cuſtom it will prove pleaſant, wholeſome and ſtrengthening. And why they let their Loaves ſtand ſo long in the Oven was, I ſuppoſe, becauſe they were Peck Loaves, which require more and longer Heat than ſmaller Bread.

How in a certain Part of Suffolk *their Farmers make three Sorts of Bread out of Wheat-meal, as it comes ground from the Mill.*—Here many of their Farmers live in the moſt Plenty, by the Help of that excellent and very cheap

cheap Manure called Cragg, which is compoſed of Sea Sand, Shells, Loam, &c. and is dug out of that Ground, formerly thought to be overflowed with ſalt Water, with which, and their other induſtrious Huſbandry, they are enabled thus to live. Now one chief Part of their profitable Management is in their making the moſt of the Wheat-meal, of which they make three Sorts of Bread: One Sort for Manchet to eat with Tea, a ſecond for the Maſter's and Miſtreſs's Table, and a third for the Servants; and this they do by help of a boulting Hutch, or what ſome call a Gigg, that ſifts and dreſſes three Sorts of Flower at a time out of it, by a Lawn Cloth, and two Sorts of hair Cloths; by which they get a very fine Flower for making Roles, Cakes, or as I ſaid Manchet, Pyes, and other Sorts of Kitchen Rarities; then a Table-bread for Maſters and Miſtreſſes, and a third to make a coarſe brown Bread for Servants; for here they uſe all or moſt of the Bran in their Bread. And it is remarkable, that moſt of the People of this Country look with a freſher Colour than thoſe in any other County in *England*; but whether this is owe-ing to the branny Part of their Bread, that ſcours their Stomachs and Guts, and delivers them from that ſcorbutick acid Fur which the finer ſofter Bread has not Power to do; or whether it is owing to their particular Breed or Climate, I cannot ſay: But this I am ſure of, That a certain Ducheſs had this Sort of coarſe branny Bread made with Wheat-flower, juſt as it it came from the Mill, for her own eating, in order to ſcour her Stomach, and create her the better Appetite; and I muſt needs ſay, it is well known to me, that few Perſons enjoy a better State of Health than ſhe does at this Day.

Barley-Bread.—Make uſe of half Barley and half Wheat-flower, and for this Purpoſe ſome Millers grind both together, as they did in the hard Froſt of 1740. It makes good Bread, but better Pye-cruſt, for thus it eats criſp and pleaſant; and becauſe the Barley-flower ſhortens the Wheat-flower, they put ſome new Milk into the warm Water it is kneaded with, which makes it whiter, ſweeter, and ſtiffer. But old ſkim or fleet Milk ſhould not be uſed in this Caſe, leſt it ſours it too ſoon. Alſo obſerve that this Dough muſt be kneaded with more Yeaſt than all Wheat-flower, and worked and ſqueezed more.

The Hertfordſhire *Barley-Bread made to eat like Wheaten-Bread.*—THIS is a very ſerviceable Secret, and thought to be of ſuch Importance by a common Baker, that on his imparting it to his good Friend and Neighbour Mrs. ——, he enjoined her not to divulge it. However, as he is ſince dead, and the Widow is ſince become my next Neighbour from a diſtant Part of *Hertfordſhire*, and lives on her Means, independent of following any Buſineſs; ſhe, for the Good of the World, thought fit to diſcover the Secret to me, by telling me, that ſhe believed the Invention was firſt put in Practice, in this County, about forty Years ago, when Wheat in ſome Parts was ſold for ten Shillings a Buſhel, by reaſon of the hard froſty, long, ſnowy Winter, that then happened, which occaſioned this common Baker, as well as many private Families, to bake Barley-bread that was highly improved by the following Method, Take a Pottle of fine Oatmeal, and lay it in Water to ſteep all Night; next Morning it will appear (if too much Water is not put to the Oatmeal) like Haſty-pudding: This break into ſeveral Parts of a Peck and half of Barley-meal, to which add warm Water and Yeaſt, and knead it into Dough, as all Wheat-meal is commonly done. Then mould it into Loaves and bake them. Thus a Barley Loaf may be made hollow, white and ſweet, ſo as to be hardly known from coarſe wheaten Bread. For as Barley-meal alone naturally makes a heavy, hard, coarſe, harſh Loaf of Bread, the Oatmeal being of a more hollow ſweet Nature and white Colour, adds theſe fine Qualities to the Barley-meal, and thus produces a much more wholeſome and pleaſant Loaf of Bread, than all entire Barley-meal can; and where a Perſon has the Conveniency of making uſe of ſkim Milk inſtead of Water, it will make the Bread better ſtill.

To make good Servants Bread.—THE greater the Quantity of Flower, the more Profit it is to make Bread of it, as the ſame is in uſing much Malt at a Time in Brewing. Take two, three, or four Buſhels of coarſe Wheat-meal, and mix it with the like Quantity of Barley-meal, to make one Batch of Bread, and ſo in Proportion for a greater or leſſer Quantity. And ſuppoſing they are made finer than they are ground, by ſifting their Meals, take one Buſhel of it, and put a Piece of leavened Dough into the ſame at nine a Clock at Night, which cover with the ſame Meal. If this is done in Winter, the Water muſt be made very hot, even as hot as can be endured

endured with the Hand; but if in Summer, only blood-warm, and ſo according as the Weather is hot or cold; then early next Morning leaven the reſt of your Meal, and knead the whole together, till by working it well it is brought into a right Stiffneſs; for it is obſervable, that the ſofter and lighter the Dough is, the leſs time it will keep. Now to make this Bread go the farther, knead the Dough ſtiff and cloſe, for the lighter the Bread, the more will be eaten of it; and when the Dough is thus kneaded cloſe, make two or three deep Holes in it with your Fiſt, and let it remain ſome time under a warm Cover of Cloths till the Holes are ſwell'd up, for then the Dough is in right Order; and this will happen ſooner or later, as the Weather is warmer or colder. By this Time I will ſuppoſe your Oven to be in a Forwardneſs of Heating, by one that tends and looks after the Fire, while you are cutting and moulding the Dough into the Form of half Peck or Peck Loaves, that as they are made ſhould be lain on a Linen Cloth, or on a Board well flower'd, at a little Diſtance from each other, to prevent their touching and ſticking. Next examine your Oven's Heat. If on rubbing a Stick the Sparks of it fly briſkly about, it is enough; then ſweep it clean, and rub the Bottom of the Oven with a Broom firſt, and preſently after with a wet Mop, or what the Bakers call a Maukin; then if it is over-hot, ſhut up the Oven's Mouth, leſt it ſcorch the Bread too much, and make it harſh; after this ſet in your Loaves as faſt as you can, placing the largeſt at the further End and round the Sides, and the reſt in the Middle. It alſo ſhould be obſerved, that in heating an Oven, the dead Coals or Aſhes of Wood, Furze, Fern, Straw, or other Fewel, ſhould be taken now and then out with the Peel and thrown away, becauſe theſe rather check than increaſe the Heat. Care likewiſe ſhould be uſed to burn the Fewel in all Places alike, by firing it ſometimes on one Side and ſometimes on the other; which done, ſtop the Mouth of the Oven cloſe. If it is an Iron-plated Door, wet Rags are ſufficient, and ſo they will be to a wooden Stopper if it ſhuts very cloſe, elſe we lay wet Rags firſt and Dirt over them. Three Hours Time is enough to bake a Batch of Half-peck Loaves; if Peck Loaves, four or five Hours muſt be allowed, and when this Time is expired, draw your Bread; and if you find one or more Loaves not baked enough, put them in again,

ſtop

ſtop up, and let them remain longer, but not too long, leſt it give the Bread a brown Colour and an ill Taſte. Obſerve likewiſe to act the good Houſewife in keeping ſtale Bread by you, while new is baking, for when new Bread as I ſaid is eaten, it goes away ſooner than older; and if ſome Loaves are not baked ſo much as others, eat them firſt.

To make French *Bread.* — TAKE a Peck of the fineſt Wheat Flower, and ferment it with half a Pint of good new Ale-yeaſt, and half a Handful of Salt firſt diſſolved in warm Water, with three Quarts of Milk; then about an Hour after add three Pecks more of Flower, and knead it well, but not too much; let it riſe in a Tray or Kiver, and mould it into Loaves of what Size you pleaſe, which ſet into the Oven, and draw about an Hour after.

A ſecond Way to make French *Bread.* —— TAKE a Peck of the fineſt Wheat Flower, with ſome Leaven, Yeaſt, and hot Water, which let riſe in a Bowl or Kiver. If it is in Winter cover it warm; in the mean time this is riſing, work three Pecks more of fine Flower with very hot Water or Milk, four Ounces of Salt, and a Pound of freſh Butter; and after this has ſtood two Hours to riſe, mix it with the firſt Dough, and knead all together into one Maſs, which let ſtand a proper Time to riſe. Then give it a thorough working and kneading again on a Dreſſer or Table, and when the Loaves are ready to be put into the Oven, you may bruſh their Tops over with Yolks of Eggs beaten up with Water.

A third Way to make French *Bread.*—MIX half a Pint of new Ale-yeaſt with a Peck of Flower, and the Whites and Yolks of ſix Eggs beat up thinly, a little Salt, and ſome new warm Milk. Theſe temper together very ſlightly, and put the Yeaſt or Dough into ſeveral ſmall wooden Diſhes to ferment and riſe; which it will do, if the Place is not too cold, in leſs than half an Hour; then turn it out of the Diſhes into the Oven. Bake them about three Quarters of an Hour, and they'll be fit to raſp.—Some put a Pint or more of Yeaſt to a Peck of Flower, and add a little Sugar, but take particular Care to keep the Paſte or Dough warm under a Cloth or Blanket, till it riſes almoſt as big again as it was at firſt. —Or you may make a Mixture with only three Eggs, half a Pint of Ale-yeaſt, four or five Pounds of Flower, and ſo much warm Milk as will make a very light Dough,

which

which bake in Penny Loaves, that are to be raſped for eating.—Others add a Piece of Butter, and put the Dough or Paſte on Tin Plates, to bake it in the Shape of very little Loaves that they raſp.—Or you may fry a Quarter of a Pound of Veal Kidney Suet, and mix all with a Peck of fine Wheat Flower, ſix Eggs, half a Pint of Yeaſt, half a Pound of Butter, and with warm Milk and Water knead the whole into a Dough, which let lie half an Hour to riſe; then make it into Roles or Loaves, and waſh their Tops over with Eggs and Milk beaten together, and bake all in a very hot Oven.

Tea Breakfaſt Roles made by the Houſe-keeper of John Copping, *Eſq*; *of* Market-ſtreet *in* Hertfordſhire.—She melted a Slice or two of Butter in warm Milk, and with two Eggs kneaded it into a Quart of Flower, then moulded it into Roles or Cakes, which ſhe bruſh'd over with Cream, or a Mixture of Milk and Eggs. Theſe Roles ſhe ſometimes baked at the Oven's Mouth in about half an Hour's Time, as we bake our common Dough Cake before the Oven is ſtopt up for good, for baking our family Bread. At other Times ſhe heated a little Oven on purpoſe. Theſe Roles, while hot, ſhe butter'd for eating with a Tea Breakfaſt; or to eat with Victuals, particularly with Cheeſe, for Supper, without being butter'd. Thus a cheap fine Role may be had, that reliſhes Liquor to Delight.

To make Bread more ſubſtantial than ordinary. — This and the following one are two old printed Receits handed down from one Author to another; and as they ſeem to be valuable, I alſo here inſert them. ——— Take the Bran that has been boulted off, and put it into a Kettle of Water and boil it, then ſtrain out the Water, and it will be white, and of a thick ſtrengthening Subſtance, with this wet the Meal wherewith you make the Bread, then add Yeaſt and a little Salt, and ſo make it into Loaves, and it will be more heartening, pleaſanter in Taſte, and increaſed in Subſtance, than otherwiſe it would have been.

To make Bread that will keep moiſt and good very long.— Slice a Pumpkin, and boil it in fair Water, till the Water grows clammy or ſomewhat thick; then ſtrain it through a fine Cloth or Sieve, and with this make your Bread, well kneading the Dough; and it will not only increaſe the Quantity, but keep it moiſt and ſweet a

Month

Month longer than Bread wetted with Water only. It is, ſays one Author, an excellent Sort of Bread; Another ſays, it is more eſpecially ſo for thoſe who deſire cooling, being good to looſen the Belly. It is ſomewhat of a yellower Colour and fatter than common Bread.

Maxims relating to the making good Bread. — Mr. *Houghton* ſays, that the Ferment or Yeaſt of Cherry-Wine is an excellent Sort for making Bread.—Water is a principal Ingredient in Bread, for its Goodneſs much improves it. This has been evidently proved, where that Bread which is made at one Place, in Imitation of the beſt Sort at another Place, though made by the ſame Bakers, and with the ſame Corn, never ſucceeds, either as to the Colour or Goodneſs, equal to that which is made upon the Place itſelf. This is wholly imputed to the Excellency of the Water; and that Water which weighs lighteſt is beſt, Reliſh will recommend it.—The heavieſt Corn makes the beſt Bread.—The beſt Flower makes the beſt Bread.—The whiter the Flower, the leſs Goodneſs in Taſte.—That Wheat which grows on light, not fat Ground, whoſe Stalk is big and ſtrong, makes ever the beſt Bread.—New Corn for Bread is better in Colour, crimp and pleaſant in Taſte, but yields more Bran than the old, which by often ſtirring wears huſky, and falls away into Duſt.—A Mill newly repaired, provided there hath ſome Corn paſſed through it before, will perform better, than when the Stones are worn.—Grind as much as will ſerve a Family a Month, becauſe it will yield you a greater Quantity of Flower, than when otherwiſe it comes new from the Mill.—Keep your Flower carefully cover'd in Bins, to preſerve it from Air and Vermine.—In Summer keep it in a cool Place, for great Heats produce the Nightingale Maggot, that turns to a black wing'd Inſect, that feeds upon and corrupts the Flower.—That all ſtale Bread ſet anew into the Oven will much recover it, and if it be eaten immediately, little Difference will be between that and new Bread; but if kept, and ſet in a third Time, it will not be tolerable.—The cloſer Bread is wrought, ſo it be not heavy, the more hearty and nouriſhing; and the newer it is, the better.

An Account of the Method ſaid to be made uſe of by two Country common Bakers, to prepare Allum for improving their Sale Loaves of Bread with the ſame.—In my firſt Part of the *Country Family's Profitable Director*, I have

 given

given an Account of what a common Baker's Servant-Maid told me ſhe was an Eye-witneſs of, in ſeeing her new ſet-up Maſter mix Allum with the Wheat-Meal that made his Bread. And here I have thought it not amiſs to add a ſecond Account, that I have ſince been informed of relating to the ſame.—This ſecond Account was given me on the 19th Day of *November* 1748, by a Man's Wife, who was Daughter to a common Baker in ———*ſhire*, and Niece to another common Baker in another Shire: In both which Places, ſhe tells me, ſhe had a full Opportunity of being acquainted with their Method of making their Sale Bread, without any Suſpicion that ſhe would ever diſcover their trading Secrets; accordingly, they would (ſhe ſays) never ſuffer any Servant-Maid beſides herſelf, to ſee how they made their Bread; wherefore, as often as they uſed Allum, by firſt burning it, and putting it amongſt their Flower, they ſent the Servant-Maid on ſome Errand, to prevent her knowing it; and although her Father kept one above eight Years, yet ſhe was wholly ignorant of this Matter. But the Daughter many Times ſaw both her Father and Mother burn Allum in a Fire-ſhovel, and beat the ſame in a Leather-bag to a fine Powder, which they ſtrewed amongſt their Flower, inſtead of Salt, for making the Bread white, light, and reliſhing. And why they made uſe of burnt Allum, and not raw Allum, ſhe believes was, becauſe raw Allum would be apt to give the Bread a harſher Taſte, and be diſcover'd ſooner than burnt Allum: She further ſays, that in the many Years Time that ſhe has bought common Baker's Bread for her Family, ſhe verily believes ſhe never eat one ſuch Loaf but what had Allum in it: But whether a Loaf of Bread is the worſe for the burnt Allum, I leave to the Judgment of my Reader. She ſays it makes the Bread quickly ſtale, crumbling, harſh, and hungry, therefore does not ſatisfy like home-made Bread.

Allum, an Advertiſement of it.—In a *London* News Paper, intitled *The Daily Advertiſer*, dated *June* 13, 1749, the following Words are inſerted, *viz.* "Whereas the "Act relating to the baking Trade is expired, and it be-"ing notoriouſly known, that the Uſe of Allum in "making Bread by many Bakers, in divers Parts of this "Town and Kingdom, is a Detriment to the fair Trader, "and the Deſtruction of many thouſands of his Ma-"jeſty's Subjects, and of Infants in particular; and as

"there

" there is a Clauſe in the Act of the 8th of Queen " *ANNE*, to prohibit the mixing any other Grain, " than what is ſettled by the Aſſize, under the Penalty " of 20 *s.* It is therefore humbly hoped, that the Legiſla- " ture will inſert a Clauſe, with a Penalty on every " Baker that ſhall uſe Allum on any Account whatever." If the Qualities of Allum would be known, they are deſcribed by Dr. *Quincy*, in his *Diſpenſatory*, 4th Edition, Page 111. " Allum is made with Allum Mineral mixed " with Urine and Kali, is extreamly rough and aſtringent, " apt to provoke vomitting, by vellicating the Fibres of " the Stomach very much, upon which Account it is " not much uſed inwardly, and then not without ſome " ſmooth aromatick Ingredients in Compoſition with " it, *&c.*

How the London French *Bakers ſupply the Uſe of Yeaſt.*—YEAST or Barm is a Compoſition of a ſalt or ſower Matter, and therefore the *French* Bakers in *London*, who make the niceſt and fineſt of Bread, to avoid the ill Taſte and bad Quantity of Yeaſt, uſe a Mixture of firſt Wort immediately from the Malt, with ſome fine Wheat Flower and Whites of Eggs, for making *French* Bread, and Gingerbread.

The Cauſe of heavy Bread.—IT is the Opinion of our Country-women, that if Wheat-Meal is made into Bread immediately after the Wheat is grinded, it will be apt to cauſe the Bread to be cloſe and heavy; therefore ſuch Meal will make lighter Bread, if it is kept a Week, two, or more, before it is uſed.

To make Bread of Potatoes.—To make Potatoe Bread, it ſhould be done with thoſe Potatoes that are of the ſhorteſt Nature and the whiteſt Colour. Of this Sort, I had ſome brought me from near *Stockport* in *Cheſhire*, for propagating their Species at *Gaddeſden*; theſe, when boiled and maſh'd, and then mix'd with its Liquor, with the ſame Quantity of Wheat-Meal, will, after the common Method of kneading and baking, make Loaves of Bread; which has been done, in dear Times of Wheat, to the Relief of many poor Families.

To make Potatoe Cakes.—MR. *Bradley*, at Page 55, in his *Eſſays* ſays—Pulp of Potatoes made into a Paſte or Dough, with a little Milk and ſome Salt, and then flatted into Cakes and baked, is often uſed by ſome of the poorer Sort of People, when Corn is dear.

Barley-meal and Turneps boiled in Time of Famine.—A poor Woman that lived a Mile from my Houſe, in Time of Famine having no Victuals, made her eldeſt Daughter follow the Man that ſhovel'd away the Snow in a Sort of Path, for the Sheep to come at Turneps; here ſhe pull'd ſome up, and boiled them to a Maſh with ſome Barley-meal, which ſhe and her ſeveral Children eat as Pap-meat with only Salt, and it ſuſtained them much.

To make Barley-meal ſhort Cakes.—STIR Barley-meal with Water, melted Fat, a little Yeaſt and Salt, make this Mixture into Pancake-Faſhion, and as large; then cut it into Pieces like little Cakes, fry them in Hogſlard or other Fat, and they'll eat extraordinary well in a poor Man's Family without any Sauce.

Barley Dumplins with Bacon, &c.—KNEAD Barley-meal with warm Water and a little Salt, till it is as ſtiff as common Dough for Bread; then cut Bacon or pickled Pork in thin Slices, and put one or two of them at moſt in each Dumplin, with a little Pepper, Salt and Parſley. Theſe, when boiled, will have all the Gravey of the Bacon in them, and be very good; but if Milk and Butter, or other Fat is mixt with the Barley-meal, they'll be the better: In the ſame Manner any Sort of Meat may be made uſe of, and the Gravey of it being thus confined, it will reliſh and much improve the Cruſt Part of the Dumplin, whether it is made with Barley or Wheat Meal.

The Method of making and baking Wheat and Barley Bread, as it is practiſed by moſt of the common People's Families in Devonſhire.—IN great Part of this County, the common People eat hardly any other Sort of Bread than that made from Barley. Their Method of making this Sort of Bread is the ſame that others make uſe of for Wheat Bread, only they allow a greater Quantity of Yeaſt or Barm, and knead it ſlighter than that of Wheat, and inſtead of Water, ſuch as have it to ſpare, uſe ſcalded ſkim Milk; by making their Bread in this Manner, it is little inferior to the ſecond Sort of Wheat Bread, it being ſweet, hollow, and pretty hearty. Their Method of Baking adds to its Goodneſs, as it gives it ſomewhat of an agreeable Quality; which Method is perform'd by baking a Loaf under a large Iron Kettle, that is chiefly made uſe of for waſhing Diſhes in. As ſoon as the Dough is ready, they make it into a Loaf of about three

three Parts the Size of the Kettle; a large Kettle will cover a Loaf of near half a Buſhel of Flower, which being clean and dry, they ſweep the Hearth, and on the hotteſt Part of it they lay down the Loaf, and immediately cover it with the Kettle, then put over it a good Quantity of damp Straw or Horſe Litter, and upon this a few Aſhes: This done, they ſet fire to the Straw, which will burn leiſurely away, and cauſe the upper Part of the Loaf to be baked equal to the under Part; and to this End they commonly allow four or five Hours for baking it, if it is a Loaf of a moderate Size; but if very large, they frequently bake it thus all Night. And thus ſome bake their beſt wheaten Bread, Pies, and Puddings, becauſe it ſaves the Expence and Trouble of heating an Oven, and by many is accounted the ſweeteſt Method of baking.—This Account, with ſome other ſerviceable ones, I received from a young Man I ſent to a Gentleman in *Devonſhire*, whoſe landed Eſtate is reputed five hundred a Year, for it is one Branch of my Buſineſs to help Gentlemen to Servants well ſkill'd in Huſbandry Buſineſs. In this Family the Servants in general eat all Barley Bread, baked for the moſt Part on a Hearth, as the Gentleman was a Batchelor, and kept but few of them.

Wheat-meal damaged by Mites.——THIS Article has eſcaped the Pen of moſt or all Authors, though it is of no little Importance for Houſekeepers in particular to have a due Knowledge of it, in order to avoid the Miſchiefs that may happen by theſe Inſects. They are in fewer or greater Numbers in moſt Wheat Meals, occaſion'd chiefly by the Dampneſs of Wheat before it is grinded, which cauſes their Breed in the Meal, wherein they mightily increaſe in a ſhort Time, and quickly ſwarm. The Millers Sacks and Appurtenances are ſeldom free of Mites, becauſe here are all Sorts of Wheat grinded, and the ſame Sacks made uſe of for Years together; likewiſe the Flower or Kneading Hutch, wherein the Meal is kept till uſed. As this Repoſitory is ſeldom or never free of Mites, how can the Flower eſcape being infected by them? Alſo, as many Perſons (the poorer Sort eſpecially) buy their Wheat-meal at Shops by Retail, their Sacks that ſtand ſome time with Flower in them, and even their wooden Scales, muſt conſequently have Mites in them.

How to know when Wheat-meal is infected by Mites.—THERE is more than one Sign or Token that diſcovers it.

Firſt, when the Meal appears on the Outſide of a Sack, as if drove out in many Parts of it, it is a true Indication that Mites work it through. Secondly, if a Handful of Flower is laid on a Board, heap-like, and there be many Mites in it, they will ſoon level it, or at leaſt alter the Shape of the Heap, but a Night's Time will give a plainer Proof. Thirdly, mity Flower may (if much infected) be ſmelt, if ſome of it is put into a Hand and held to the Noſe. Fourthly, mity Wheat-meal makes a Bread that will prove hottiſh in the Mouth, and of a diſagreeable Taſte, and why it is ſo, I have to add, that the Dung and Bodies of theſe Inſects are the Cauſe of it, and in courſe gives the Bread an unwholeſome Quality. This I have wrote in my firſt Part, but for further explaining this important Matter, I have renewed it here.

How to prevent the Breed and Increaſe of Mites in Wheat-meal, and kill Worms, Wevils, Maggots and Mites.——It is very common for Gentlemens, Yeomens, Farmers, and Labourers Families, to make uſe of the ſame Sack or Bag, the next Time they want to have it furniſhed with Flower, as they did the Time before. Now if ſuch Sack or Bag is infected by Mites, and ſweet ſound Meal ſhould be put into it, it may be depended on, it will be damaged by Mites that ſtaid behind in the Crevices of ſuch Sack or Bag, and ſo on Time after Time. Wherefore ſuch Sack or Bag ſhould be ſerved as a poor Woman does hers once or twice every Year; as ſoon as the Bread is out of the Oven, ſhe puts her Meal-bag into it, to kill all the Mites that harbour in it, well knowing that nothing will kill theſe Vermine like the Oven. This the poor Woman obſerves to do about the Middle of every Summer, when Mites are in their greateſt Strength and Increaſe; for if theſe are let alone, they will eat the fineſt Flower firſt, and then the branny Part.——Or in caſe your Flower-Hutch (which is a Sort of wooden Cheſt, that moſt Farm Houſes keep their Wheat-meal in, after it is brought from the Mill) is infected by Mites, Wevils, or Maggots, you may deſtroy them by Dr. *Hale*'s Invention.——Dip a Rag in melted Brimſtone, and lay it on a little earthen Chaffing-diſh placed at the Bottom of the Hutch, which ſet on Fire, and clap down the Lid immediately for a Minute, and the Fume will kill all Manner of Inſects in the

the ſame, without damaging the Meal that afterwards is put into it.——The ſame if ſmall Holes are bored thro' the Boards of a Chamber or Grainary, ſo little, that the Corn cannot fall through them, and Tow or Rags dipt in melted Brimſtone are ſet on fire at a Yard's depth under them, on Sand, or other Earth, eight or twelve Inches thick, the Fume will aſcend, and deſtroy all Wevils, Maggots, Worms, or Mites, that have got into the ſame, and yet not in the leaſt hurt the Wheat, Malt, or other Grain; but then the Place or Room, where this is done, ſhould have all Air poſſible kept out of it, and no Perſon in it from the Moment the Brimſtone Tow is ſet on fire.

The honeſt Miller, or the Profit of grinding Wheat.—A Farmer ſent five Buſhels of pirky Wheat to be ground, and it yielded four Buſhels and a half of Flower, fit for his family Uſes, which at four Shillings a Buſhel is eighteen Shillings, and the Bran worth two Shillings; out of which deduct one Shilling for grinding, and the neat Worth of the whole was nineteen Shillings. Whereas, when this Sack of Wheat was expoſed to Sale in the Market, they bid the Farmer no more than fourteen Shillings; ſo that he got by the Grinding five Shillings, with the Help of the Miller's Honeſty.——If a Farmer carries and fetches his Wheat, the Miller, in our Country, takes three Pounds of Flower for Toll, rough as it comes from the Stones; but if they fetch and carry it two or three Miles, four Pounds out of every Buſhel. If we pay ready Money and carry it, it is only one Shilling for grinding five Buſhels; if they fetch and bring it home, Eighteen-pence.—If Barley is carry'd to be ground by the Farmer, they take one Shilling ready Money, and no Toll; but if tolled, they take a Pottle of the Barley-meal out of every Buſhel, as it comes rough from the Stones.

Horſe-beans, their Uſes for being eaten by Chriſtians and Heathens, as Bread, &c.—Horſe-beans when old, dry'd, and boiled, are ſomewhat bitter and ſtrong taſted, but very nutritious; and therefore made uſe of for feeding black Slaves, during their Voyage from *Africa* to the *American* Plantations; and when they are in their growing green Condition, are by ſome of the poor common People in *England* eaten as a hearty Meal, boiled and mixed with Butter; and by many Pods and all are eaten.

In ſeveral of the Northern Counties theſe Beans are dry'd on a Kiln, and ground to Flower, for mixing with Wheat or Barley Meal, to make Bread of them.——Others ſoak the dry Horſe-beans in Water over Night, and next Day boil them, to eat with a Piece of Bacon or pickled Pork, or with only Milk.—— Theſe Beans are alſo very ſerviceable to Pack-horſes and others, to keep them in heart, and from catching cold; but are rather too hot for their conſtant Food.

The knaviſh Miller.—A PERSON that formerly was a Miller's Servant (but now follows another Buſineſs) ſays, that where he lived, the Maſter would ſometimes take two or three Shillings Worth of the fineſt and heartieſt of the Flower out of a five Buſhel Sack, and put in the room of it a coarſe Flower, Pollard, or ſmall Bran; ſo that by this Means there is no proving a Miller's Honeſty by Weight. And if it is aſked, why there is no more Bran, they have their Excuſe.

OATMEAL, its Preſervation and Uſes.

THE Cheſhire *Method of preſerving and uſing Oatmeal.*—As ſoon as it is ground very fine, they put it into earthen Pots, or a large cloſe Tub, or into ſquare wooden Bins, or what they here call Arks; and as one Man puts in the Oatmeal, a little at a Time, another treads it into the Bin, Ark, or Tub, with his Shoes on; and thus they proceed till the whole Quantity is filled in, and then they lock it down. Here it will keep ſound one, two, or three Years, and be as good at the End of that Time as at the Beginning, during which it muſt never be diſturbed till the whole Quantity is removed at once; for it is the Farmers Way here to threſh out their Oats, and make them into the fineſt of Oatmeal, even near as fine as Wheat Flower, and by keeping the Oatmeal, thus cloſe from the Air, in large Quantities, it improves in keeping, and becomes rather better than worſe. A Gentleman of five hundred Pounds a Year landed Eſtate, that kept only one of his Farms in his own Hands, of about fifty Pounds a Year, made uſe of two of theſe Bins or Arks, which contain'd each eleven or twelve Sacks of ſuch fine Oatmeal, which he commonly fill'd every Year, either with his own Oatmeal, or with what he bought of

of his Neighbours, to make up his Quantity for filling up the Bins; and in this Manner he kept his Oatmeal by way of Store, ſometimes a Year, two or three, till a dear Time happened, and then ſold it to Bakers or Dealers; for moſt People in that Part of *Cheſhire*, near *Mancheſter* in *Lancaſhire*, eat Oat-cakes, or Oat-bread, and very little Wheaten-bread; if they eat any, it is commonly of the very whiteſt Sort, for making Manchet to eat at a Tea Breakfaſt, or elſe the very coarſeſt of all at their Meals; but very few indeed eat either the white or the brown wheaten Bread in this Country, becauſe but little of their Land will bear Wheat, and therefore in moſt, as well as in their great Market at *Mancheſter*, their Sacks of fine Oatmeal ſtand for Sale, as our Sacks of Wheat do in the Southern Parts. Again, as this Gentleman thus kept much Oatmeal, by way of Store in Bins, for the improving the Penny, that muſt not be meddled with till ſold altogether; he, for ſupplying his family Uſes, had a large Caſk, wherein he put ſo much Oatmeal as he thought would laſt him all the Year, and that was about fifteen Buſhels; for both this Gentleman and his whole Family lived much upon Oat-cakes or Oat-bread, which they preferred to ordinary Wheat-bread. I am indeed ſenſible, that they have here much wet ſandy Land, that, if Wheat was ſown on it, would chill and kill it, or ſubject it to other fatal Accidents, and therefore are diſcouraged from ſowing it with Wheat. But did they know the right Method of draining ſuch wet Land by ſubterraneous Cuts, I am perſuaded that much more Wheat might be got in theſe Parts; eſpecially if they would make uſe of my moſt excellent of all Drill-Plows, the four-wheel light plain one.

Why Oatmeal goes further in a Family that is ground ſmall, than that which is ground larger.—OATMEAL ground very ſmall will ſooner mix with Water or Milk than that which is ground coarſe, and conſequently will go the further, require leſs time to extract its Virtue, and ſave Fire, much Labour, and Time. Alſo, the finer any Oatmeal is ground, the cloſer (as I ſaid) it will lie in a Tub, glazed earthen Pot, or Bin, and therefore may be thus kept ſweet and ſound longer than a coarſe ground Sort. It is my own Caſe in the Choice of ground Oatmeal, to ſend for what I uſe in my Family ſeven Miles (to *Leighton*, in *Bedfordſhire*) becauſe there it is exceedingly

ingly ſmaller ground, than is commonly done in our Part of *Hertfordſhire*.

The Cheſhire *Way of making Burgoo, in the beſt Manner.*—THEY firſt boil their Milk, and then thicken it by Degrees with fine Oameal, Haſty-pudding like, and after boiling it well they eat it with Butter. In *Derbyſhire* they call this thin Pudding.

The Cheſhire *Way of making Burgoo in a common worſe Manner.*—HERE the Farmers make a worſe watry Sort of Burgoo with Water, or Water and Milk mixed, which when boiled they ſtir their Oatmeal into it by Degrees, and eat it hot with ſome Spoonfuls of Milk now and then. Some few eat Butter with it.

A rich Cheſhire *Oatmeal Pudding*— Is here made with Oatmeal Grouts, minced Herbs, Suet chopped ſmall, Plumbs, and as much Milk as will make it into a Pudding Conſiſtence. This they put into a large Bag and boil it very well.

A more common cheap Way of making a Cheſhire *Oatmeal Pudding.*—THEY take the fineſt Oatmeal, and mix it with Milk and Suet chopped ſmall, till it is brought into a Pudding Conſiſtence, which they boil in a Bag, and eat it with a little Butter. This in *Cheſhire* is reckoned the ſweeteſt of Puddings, for it is ſo luſcious, that a little ſatisfies.

The Hertfordſhire *Oatmeal baked Pudding.*—WE firſt boil a Pint of Grouts or Oatmeal, which is commonly ſold for Five-pence the Pottle; when boiled tender, we mix it with a Quart of Milk, half a Pound of chopt Beef Suet (but Hogſlard or Flair is better) half a Pound of Plumbs, two Eggs and ſome Sugar, and bake it.

The Hertfordſhire *Oatmeal boiled Pudding.*—To boil it, we firſt ſoak the Grouts in Milk, then mix it with half a Pound of chopt Suet and half a Pound of Plumbs, and put all into a Bag. But poor People, that have not Milk, uſe Water inſtead of it, and reckon that boiling ſuch a Pudding is a better Way of preparing it than baking, becauſe baking cauſes it to eat drier than boiling. However, it is accounted by all a wholeſome, palatable, good Pudding.

An excellent baked Oatmeal Pudding.—BOIL a Quart or more of Cream, and when it has boiled, add half a Pound of Beef Suet, or (better) Hog's Fat chopt very ſmall, half a Pound of ſweet Butter, a Quarter of a Pound of Sugar, a grated Nutmeg, a little Salt,

Salt, and five Eggs. Mix theſe with a Pint of the fineſt Oatmeal, and work all into a thin Dough or Paſte. Bake it in a pewter or earthen glazed Diſh an Hour and half, or longer, as you ſee Occaſion.

An ancient Author's Way of making a boiled Oatmeal Pudding.—TAKE a Pint of Milk (ſays he) and put to it a Pint of large or middling Oatmeal; let it ſtand upon the Fire till it be ſcalding hot; then let it ſtand by and ſoak half an Hour; pick a few ſweet Herbs, and ſhred them, and put in half a Pound of Currants, half a Pound of Suet, two Spoonfuls of Sugar, and three or four Eggs: Theſe boil in a Bag.

An ancient Author's Way to make and bake an Oatmeal Pudding.—TAKE (ſays the ſame Author) middling Oatmeal and ſteep it all Night in Cream, half a Pint of Oatmeal to a Quart of Cream; make your Cream ſcalding hot before you put in your Oatmeal, ſo cover it cloſe; then take a good Handful of Pennyroyal, and ſhred it very ſmall, with a Pound of Beef Suet. Put it to your Cream with a Pound of Raiſins of the Sun, Sugar, Spice, four or five Eggs, two Whites caſt away. So bake it three Quarters of an Hour.

His ſecond Way to make and bake an Oatmeal Pudding. HE ſays, Take two Handfuls of great Oatmeal, and beat it exceedingly ſmall in a Mortar, ſet on three Pints of Milk in a Skillet, put into it three Sticks of Cinnamon and large Mace, ſtir the Oatmeal into your Milk before it is hot, ſo much of it as will make it reaſonably thick, fit to be eaten. Boil it for the Space of half an Hour, keeping it ſtirring. Put therein a good Handful of Beef Suet ſhred ſmall, than take it off the Fire, and put it in an earthen Pan, and let it ſtand till it is almoſt cold. If it grows thick, thin it with a little more Milk. Beat in four Eggs, with almoſt a Handful of Sugar, a grated Nutmeg, and ſome Roſewater. Butter the Bottom of a Diſh, and pour in your Pudding; it ought to be as thin as Batter. Bake it ſoftly half an Hour, then ſcrape Sugar on it for eating.

His third Way to make and bake an Oatmeal Pudding.—TAKE (ſays he) a Porringer full of Oatmeal, beaten to a Flower, a Pint of Cream, one Nutmeg, four Eggs beaten, a Quarter of a Pound of Flower, a Pound of Beef Suet well minced. Mingle all together, and bake it an Hour.—But to make an Oatmeal Pudding richer than this,

this, you may make it either for boiling or baking thus: Soak a Pint of whole Oatmeal in a Quart of warm Milk two Hours; mix it with a Quarter of a Pound of Currants and as much Plumbs, ſome Sugar and Salt, and a Quarter of a Pound or more of freſh Butter; then boil or bake it.

A ſhort Way to make and bake an Oatmeal Pudding.—STEEP Oatmeal in warm Milk four Hours, then take the Blood of a Hog, Sheep, or other Beaſt, and mix it with Cream, minced Suet, Parſley, Spinage, and Thyme, Pepper, Mace, and four Eggs. Mingle all together, and bake it.

A ſhort Way to make and boil an Oatmeal Pudding.—TAKE the biggeſt Oatmeal, and mix it with ſuch ſhred Herbs you like beſt, with ſome Pepper and Salt. Then tie it up cloſe in a Bag, and boil and butter it.

An Oatmeal Pudding made conſtantly, as Part of a Milk Diet, for a gouty Man.—THIS Perſon lived at *Cambridge*, where he exerciſed the Trade of a Confectioner, *&c.* and ſerved Colleges with Sweatmeats and other Viands; beſides which, he was Owner of a landed Eſtate, and thus he was enabled to live luxuriouſly in Drinking, (Claret eſpecially) which he had the greater Opportunity of enjoying, by being intimate with many of the Students, but which brought him under ſevere and frequent Fits of the Gout in his Hands and Feet, and to that Degree as obliged him to creep up and down Stairs. This forced him to follow Doctor *Boerhaave*'s Directions for living on a Milk Diet, and as he muſt eat no Fleſh nor drink any Malt-Liquor, his common Food was an Oatmeal Pudding, made once a Day with only ſome fine Oatmeal, an Egg, and Milk, that was mixed and boiled in a Bag to the Bigneſs of a Penny-loaf. When enough, it was turned out on a Plate, butter'd and eaten. *N. B.* More than one Egg muſt not be uſed, becauſe they will bind the Pudding too much.

An Oatmeal Drink made uſe of by the ſame gouty Perſon.—THE ſame Perſon's chiefeſt Drink was Water put on Oatmeal in a Pot, and when it had ſtood a little while, he would drink it, and then put more Water on the Oatmeal.

Rabiſha's *Receit for making Oatmeal Puddings with Fiſh or Blood of Fleſh.*—TAKE (ſays he) a Quart of whole Oatmeal, ſteep it in warm Milk over Night, then drain the

the Grouts from it, and boil them in a Quart or three Pints of good Cream; the Oatmeal being boiled and cold, take Thyme, Pennyroyal, Parſley, Spinage, Savory, Endive, Marjoram, Sorrel, Succory, and Strawberry-leaves, of each a like Quantity; chop them fine and put them to the Oatmeal, with ſome Fennel-Seeds, Pepper, Cloves, Mace, and Salt; boil it in a Napkin, or bake it in a Diſh, Pye, or Guts; ſometimes of the former you may leave out ſome of the Herbs, and add theſe, Pennyroyal, Savory, Leeks, a good big Onion, Sage, Ginger, Nutmeg, Pepper, Salt, either for Fiſh or Fleſh-days, with Butter, or Beef Suet, boiled or baked in a Diſh, Napkin, or Pye.

To make Oatmeal Pap.—SOAK fine Oatmeal an Hour or two in Milk, as you uſually do Oatmeal in Water to make Flummery. Then paſs it through a Strainer. If too thick, add more Milk. Set it to boil, and ſtir it all the while to prevent its burning. An Hour's boiling or leſs will be ſufficient, for in this Time it will grow pretty thick. Then ſtir in a Piece of Butter, with ſome Sugar, and take it off the Fire. Strew fine Sugar over it, add Salt, and eat it.

In Praiſe of Oatmeal.—OATS are ſo valuable a Pulſe, that their Meal is made uſe of in many Nations. But I preſume moſt of all in the northern Parts of *Europe*, where their Excellence is proved by growing where Wheat, Rye, and ſome other Sorts of Grain will not. And by its becoming a cheap, ſweet, nouriſhing, wholeſome Bread, preſerves the Lives of Millions of People in ſound Health. Six ſeveral Sorts of it may be made, every one finer than the other, as your Anacks, Janacks, and ſuch like. There are alſo made of it both thick and thin Oatcakes, which are pleaſant in Taſte and much eſteemed. But if it be mixt with very fine Wheat-meal, it maketh a moſt delicate dainty Oatcake; ſuch that no Prince in the World but may have them ſerved at his Table. And it is on this Account that vaſt Numbers of them are toaſted and conſumed in Winter-time eſpecially, for their agreeable Eating, as a Breakfaſt with Tea. Great and ſmall Oatmeal mixed, with Blood and the Liver of either Sheep, Calf, or Swine, maketh that Black-pudding, which is well known and affected by moſt Men. Likewiſe from ſmall Oatmeal is made that excellent, pleaſant, cooling, wholeſome Diſh called Flummery: A Food ſo agreeable to all Conſtitutions, that Phyſicians have praiſed it for the

the beſt of Food to ſick and well People, eaten with Honey, which is reputed the beſt Sauce, ſome Wine, either Sack, Claret, or White Wine, Beer, Ale, or Milk. And for the bigger Sort of Oatmeal called Greets or Grouts, many Sorts of Puddings are made, as the Black made with the Blood of Swine, Sheep, Geeſe, red or fallow Deer, or the like, mixt with Greets or whole Oatmeal, Suet, and wholeſome Herbs. Or elſe white Puddings; when Greets are mixed with Cream, Eggs, Crums of Bread, Suet, Currants, and wholeſome Spices ſtuft in Guts. Of both which Sorts many thouſands are ſold in Links at Market in a Year, and accommodates poor People with a Dinner at a cheap Rate; and is a Repaſt for the Rich, when theſe white Gut Puddings have Marrow mixed inſtead of Suet. Again, if you roaſt a Gooſe, and ſtop her Belly with whole Greets beaten together with Eggs, and afterwards mixt with the Gravey, there cannot be a more pleaſant Sauce. Nay, if a Man be at Sea in a long Voyage, he cannot eat a wholeſomer and pleaſanter Meal than theſe whole Greets boiled in Water till they burſt, and then mixt with Butter, and ſo eaten with Spoons, which although formerly called Lob-lolly (now Burgoo) yet there is not any Meat, how inſignificant ſoever the Name may be, that is more toothſome or wholeſome; beſides which, it will in a great Meaſure ſupply the Uſe of Rice. In ſhort, the right Management of Oatmeal ought to be one of the chiefeſt Parts of our Houſewife's Study and Care, for indeed no Family can be well thriftily maintained where this is either ſcanty or wanting, becauſe both Poor and Rich generally boil it with Meat, and make that Broth we call Porridge, and the Poor throughout the Kingdom ſeldom boil one without the other; for it is to us as Rice is to the *Indians*, Sago to the *Chineſe*, and Vermicelli to the Inhabitants of the *Mediterranean* Sea Coaſt, and is a common Food for the Sick. The whole Kernels of Oats, called Grotes (ſays Mr. *Houghton)* with Milk, Butter, Spice, and Pennyroyal, make Oatmeal Puddings; but ſome put to them Suet, Raiſins, *&c.* With the Flower of Oatmeal, Water, and Yeaſt, are made Oatcakes, which are baked on a Stone, and at *London* are toaſted, ſlit, butter'd, and eaten as Rarities: With Oatmeal, ſays he, is made Flummery, with Oatmeal is made Caudle for lying-in Women. In the mountainous Parts of *Wales*, and

and elſewhere, moſt of the Bread the ordinary People eat are Oatcakes made in divers Forms, and they thrive well and live long with them. With malted Oats is made pale-colour'd ſmall pleaſant Ale, which pleaſes our Gentry much. I have heard (continues Mr. *Houghton*) that the *Scots* uſe Oats in a great Degree in their Wars; with a Bag of Oatmeal and a Kettle they'll ſuſtain themſelves a great while, and indeed it is a fit Corn for their Country, for that Oats may be ſown and mow'd while the Sun is hot, when harder Corn requires a longer Time. Oats are not only the beſt Food for Horſes, but will alſo feed Poultry, and make them lay good Store of Eggs. An Ox (ſays Mr. *Markham*) has been fed with them till he was ſold for thirty Pounds, and Sheep, Goats, and Swine, to great Profit; the laſt in particular, he ſays, will fatten apace, if ground Oats are given them with Whey or Butter-milk: But then, as he obſerves, their Fat ſhould be hardened with the Feed of ſome Peaſe beſides; and in Caſe the Swine ſhould be ſeized with Sickneſs, ſome Raddle, or what we call Red-Oker, ſhould be mix'd now and then with their Meat. He alſo commends ground Oats thus ſerved for ſick Dogs and Poultry, and truly almoſt for every live Creature, thinking the ſame as uſeful as Salt.

Oatmeal made with black Oats and white Oats.—BLACK Oats in loamy chiltern Countries are the Sort moſt ſown, but in ſandy chiltern Countries the white Oats are chiefly made uſe of. In *Hertfordſhire* the black Oats beſt agree with our Land, and is moſtly in Requeſt for its having but one Skin and a Down, the latter of which turns only to Duſt, and the former is of a ſofter Subſtance than the Skin of a white Oat, whereas the white Oat has two Skins, and they ſo tough and ſharp as to be compared to our Nails; therefore by many thought not to be ſo good as black Oats, and becauſe the Flower or Meal of the black is accounted rather ſweeter than that of the white.——Others again like white Oats for Oatmeal, as thinking their Meal the whiter.

What the Produce of a Buſhel of Oats is. A BUSHEL of good black Oats will make a Peck and a Pottle of Oatmeal more or leſs, according to the Goodneſs of the Corn. We give three-pence a Buſhel for making them into Oatmeal, and a half-penny for grinding every half Peck.

An Oatmeal Bite.—I WAS informed by a Maker of Oatmeal, that it is too often a Cuſtom with ill Perſons, to mix Barley-meal amongſt Oat-meal, to hitch out its Quantity, that they may afford to ſell it the cheaper.

A quick Way to make an Oatmeal Pudding. — TAKE whole Oatmeal, and mix ſome Hogs Suet, Milk, Penny-royal, Onions, a little Salt: Put theſe in a Bag, and boil it two or three Hours.

A ſecond quick Way to make an Oatmeal Pudding.—— WITH whole Oatmeal mix Hogs Suet, Sugar, Plumbs and Spice; ſtir all theſe with Milk, tie it up in a Bag, and boil it two or three Hours. Theſe two Ways are much in uſe in Hog-killing Time.

A quick Way for preparing an Oatmeal Pudding for baking.—Mix Grouts with Suet, Plumbs, and Milk, and bake it in an Oven.

Burgoo, its cheap Uſe in a poor Man's Family.—ONE of my Day Labourers Wives, having four Children, is often neceſſitated to find out the cheapeſt and beſt Ways to make the daily Shilling go the fartheſt. To this Purpoſe ſhe often feeds them with Burgoo, by ſtirring ſome Water and a little Salt into a Quart of ground Oatmeal, that ſhe boils about half an Hour. The longer it boils, the thicker it comes; when ſhe takes it up, ſhe puts a little Bit of Butter amongſt it, and eats it. This ſaves Bread and Milk, and is reckoned to go as far as a Pottle of Flower, as it is of a more ſatiating Nature; for this Quantity will give a hearty wholeſome Dinner to a Man, his Wife and four Children, who eat it with a pleaſing Appetite.

A poor Woman's Way of managing Oatmeal.—WHEN ſhe has had a Buſhel of her leaſed Oats threſhed, ſhe carries them to the Mill to be made into Grouts, for which ſhe gives two-pence; that is to ſay, for drying and hulling them. Theſe, as ſhe kept to uſe as ſhe wanted them, ſhe would now and then put into the Oven after the Bread to preſerve them dry, and when wanted ſhe would beat ſome in a wooden Mortar with an iron Peſtle, and though not ſo fine as when grinded, ſhe liked them better, ſaying this Oatmeal was ſweeter then Sale Oatmeal.

Of Milk-Porridge.

OF the Service that Milk-porridge is of to Families.— THIS is ſuch an agreeable wholeſome liquid Food, that it is of general Service to almoſt all Sorts of Families both in Town and Country, and is much in uſe from the Lord to the Peaſant. And although of late it has been ſupplanted in a great Meaſure by the unwholeſome Breakfaſt of foreign Teas, yet for the Sake of its ſalubrious cheap Qualities and ready Preparation, it has recover'd much of its former Reputation, and daily comes more and more into uſe, becauſe it ſaves Firing, Labour, and prevents Loſs of Time, as well as the Conſumption of Cheeſe and Butter, as alſo of Sugar and Tea, which in thouſands of Families is expenſive indeed.

The common worſe Way of making Milk-porridge.— THIS Way is thought to ſave Time and Trouble; and therefore they mix Oatmeal, Water, and Milk at once cold; then put it over the Fire to boil, and thus is very apt to clot and burn to the Pot, if not often ſtirred; and by being thus ſtirred over the Fire, it is likewiſe apt to be ſmoak'd, and taken off before the Virtue of the Oatmeal is extracted by the Liquor.

To make Milk-porridge a better Way. — MY Maid-ſervant, if ſhe makes uſe of new Milk, mixes near half Water with it, and puts it over the Fire to boil. In the mean time ſhe ſtirs her Oatmeal into a little Water, and lets it lie ſoaking till the Milk and Water boil; then ſhe takes off the Pot, and puts her Oatmeal into it, which with little ſtirring will boil quickly: But if ſhe uſes ſkim Milk, ſhe mixes no Water with it: A Handful of Oatmeal, provided it is very finely ground, will thus make two Quarts of Milk-porridge; if coarſely ground, near as much again is required. Skim Milk makes better Porridge than Milk and Water.

Mrs. Howard's *Way of making Milk-porridge.* — SHE mixes her Oatmeal with Water, and lets it boil, before ſhe puts in her ſkim Milk, for thus it is not ſo apt to burn to the Pot, as when Milk is put in at the firſt: Skim Milk will burn to the Pot ſooner than new Milk, though the new Milk is mixt with Water.

To prevent Milk-porridge burning to the Pot.—WET the Bottom of your Pot or Kettle, and dip it in Aſhes; this will prevent the Milk-porridge burning to the Pot.—Some rince the Pot or Kettle firſt with cold Water.—Others put a little Salt amongſt the Milk and Water to do it.

Butter-milk Milk-porridge.—In Winter Time, when Butter-milk is in its ſweeteſt Condition, it will help to make a very good Milk-porridge.

Milk-porride improved by Bay-leaves. IT is the Cuſtom of one of my Neighbours to boil a Bay-leaf in it; it gives it a pretty Flavour, and is medicinal againſt Wind, *&c.*

Gentry's Method of making Milk-porridge.——SOME bruiſe Grouts or whole Oatmeal, and then boil it in Milk and Water for ſome Time, putting a Quart of Milk to a Pint of Water, to boil away, and ſupplying the Conſumption by ſeveral Additions of Milk, ſo that the Milk-porridge is almoſt a Jelly: But the beſt Way to do this, is to boil the Grouts in Water ſome Time before the Milk is put in, for preventing the Waſte of Milk.

Various Accounts of Milk-porridge.—THE eating of the grouty Part of Oatmeal in Milk-porridge is perfectly diſagreeable to ſome Perſons, and therefore they have it all ſtrained through a Sieve.—Others boil *Jamaica* Pepper in it, for preventing its breeding Wind in the Stomach; a few Corns of it anſwer this End.—The more Milk-Porridge is boiled, the ſmoother it will taſte, for then it will have the fuller Virtue of the Meal, which is the Cauſe of this Smoothneſs.—By boiling the Oatmeal in Water firſt, the Goodneſs of it is extracted, and then putting in the new or ſkim Milk, and giving it a Warm or two, it occaſions the ſaving of Milk, for thus it is not much waſted.

Of Water-Gruel.

Savoury Water-gruel made by poor People.—SOME put Water, Oatmeal, and ſhred Onions or Leeks, into a Pot at Diſcretion, and boil them till enough: The Onion or Leek gives the Gruel a pleaſing Reliſh, and altogether ſupplies the Place of Meat-broth, Milk, or other ſuch Liquid; this many poor Labourers Families are glad

to

to make ſhift with, that have not an Opportunity to come by Milk, or becauſe they can't afford a better Breakfaſt or Supper than ſuch wholeſome Onion Gruel ſtuft with Bread. I call it wholeſome, as having often obſerved the Children that are fed with Gruel, to ſhew the whiteſt of Teeth, a ruddy-colour'd Face, and a plump Fleſh, even thoſe that very ſeldom eat any Butcher's Meat. In 1749, I hired a Youngſter about 16 Years of Age, who generally fed on ſuch Gruel from his Infancy, and being ſo accuſtomed to it, refuſed Sugar when it was offered to ſweeten it; he proved a good Horſekeeper to me.

To make Water-gruel taſte ſomewhat like Meat-broth.—OTHERS, to make Water-gruel taſte ſomewhat like Meat-broth, and become the more nouriſhing, do thus: When the Onion-gruel is boiled, they put into it the Dripping of roaſt Meat, or fat Swimmings of Pots, inſtead of Butter, for Cheapneſs Sake, as being the Produce of their own roaſted, boiled, or baked Meats; but the poorer Sort of People, that have not this of their own, are forced to buy ſuch Fat at Chandlers Shops; to which Purpoſe, theſe Sort of Shopkeepers generally buy Fat of Maid-ſervants, who in many Places have it allowed them as a Perquiſite, and of this Sort ſome are very good, and ſome are as much adulterated with worſe Kinds of Fat.

To make plain Water-gruel.—SOME boil the Water firſt, and then ſtir in their Oatmeal; by this Means the Gruel boils preſently with little ſtirring, which keeps it the clearer from Smoak, than if the Oatmeal was put into the Water cold, and ſtirred often to keep it from burning to the Pot.

A ſecond Way to make plain Water-gruel.—MY Maid-ſervant ſometimes firſt ſoaks her Oatmeal in a little cold Water, then after ſome Water in a Kettle is boiled, ſhe ſtirs the cold Oatmeal and Water into the hot Water, and boils it till it is enough: This Way beſt prevents the Oatmeal from clotting, and cauſes the Gruel to be made the ſooner, and with the leaſt Waſte; add Sugar and Butter at Diſcretion.

Rabiſha's *Way to make Water-gruel.*—TAKE (ſays he) a Pottle of Water, and a Handful of great Oatmeal; pick and beat it in a Mortar, and ſet it a boiling; when it is half enough, put to it two Handfuls of Currants waſhed, ſome ſweet Herbs, four or five Blades of Mace, a little grated Nutmeg, and let a Grain of Muſk (if you pleaſe)

be infuſed a little while in it: Then ſeaſon it with Sugar and Roſe-water, and put to it a little Butter.

A ſecond Author's Way to make Water-gruel.—When you ſet (ſays he) a Pot of Water on the Fire to make Water-gruel, let Grouts be cut but once in two, and let them boil long till they are near enough, then boil it fiercely, and ſkim off all the Top, which I ſuppoſe may be at Times one third Part of the Whole, and is the Cream of the Oatmeal, becauſe it has no groſs viſible Oatmeal in it: Boil this a while by itſelf, with a little Mace and Nutmeg, and ſeaſon it with Salt: When it is enough take it off, and put Sugar, Butter, and a little red Roſe-water to it, with an Egg and ſome White-wine, to make it the more palatable and nouriſhing. This ſkimmed Part is much better than the Body of the Oatmeal at Bottom, tho' this more grouty Part will make good Water-gruel for Servants.—*N. B.* If you boil it more leiſurely, you may ſkim off the Cream as it riſeth in boiling, elſe it will quickly ſink down again to the reſt of the groſs Oatmeal: And thus you may have a finer Cream Gruel, than with haſty boiling.

Smallage Gruel. —— Says another, boil fine ground Oatmeal three Hours in Spring Water, to two or three Quarts of Water put about half a Porringer of Oatmeal, then chop a Handful of Smallage very ſmall, and put it in a good half Hour; before you are to take your Gruel off the Fire, ſeaſon it with Salt, Nutmeg, and Mace, and ſtir in ſome Butter: This Sort of Gruel is ſaid to purify the Blood, open Obſtructions, beget an Appetite, is good againſt Shortneſs of Breath, purges by Urine, and is prevalent againſt Jaundice, Agues, and ſore Throats.—Thus you may make any Herb Gruel.

The Wholeſomeneſs of plain Water-gruel. — Have in Readineſs, as I ſaid before, ſome fine Oatmeal temper'd with cold Water, and when your Water is juſt broke for boiling, put this Mixture into it; ſtir them well together, and let it boil but a little while, and it is done: Then ſeaſon it with Salt, and let it ſtand till the Oatmeal has ſettled, in order to pour off the fine Part; of this drink more or leſs either before or after Food, or in a Morning, and faſt till Noon: It is excellent after Labour, Walking, Sweating, or the like, to prevent ſurfeiting. It is much better than drinking Wine or ſtrong Beer, which many times increaſes Drought; but this is beneficial

at

at all Times of the Year, for it allays Heat and Drought to a Wonder.

Elder-bud Gruel, and Herb Gruel.—This will cleanſe and open Obſtructions of the Breaſt, and move by Stool, and therefore good for fat groſs People: Take what Quantity of Water you pleaſe, ſet it over a clear Fire, and make it boiling hot; then have a Spoonful of Oatmeal (temper'd with cold Water) and your Elder-buds ready, put both into the boiling Water, and keep it ſtirring, and boiling a little up; then take it off the Fire, and let it ſtand five or ſix Minutes; ſtrain it, and add a little Salt to it, or Salt and Butter if you like it; when cold, drink a Pint or more, as your Stomach can bear it.—Or make Water juſt boil up, then put in either Scurvy-graſs, or Corn-ſallad, Spinage, Brooklime, Elder-berries, Smallage, Nettle-tops, Clivers, Creſſes, or the like; then take your Water off the Fire, and let it ſtand five or ſix Minutes with the Herbs in it, and having ſome Oatmeal temper'd with cold Water, put that into it, and brew it out of one Pot into another many times with Salt and Butter, till it is fit to eat.—Notwithſtanding the Numbers of Herbs proper for Gruels, a certain Author ſays, he gives the Preference to thoſe ſimple Herbs that are thought moſt proper for that Infirmity a Perſon is moſt ſubject to; and declares, that he was delivered from a Pain in making Water (that afflicted him at Times for forty Years, proceeding from Gravel) by gathering in the Spring-time Nettle-tops, Elder-buds, Groundſel, Shepherd's-purſe, Plantane, Creſſes, Clivers, *&c.* and uſing ſome of them in Gruel for a Month or two in the Spring, putting Butter and Bread into the ſame.—Cold Gruel is made by tempering a Spoonful of good Oatmeal with a little Water, then take a Quart of more cold Water, and brew the mixed Water and Oatmeal well together in two Pots, and it is done. This laſt is ſaid to be a moſt excellent Drink to be drank Mornings and at Meals, and at any Time of the Day and Seaſon of the Year, for all Sorts of People, healthy or unhealthy, eſpecially in hot Seaſons, as being a friendly homogeneal Liquor, quenching Thirſt and refreſhing the Spirits better than fermented Drinks; it is not only profitable againſt the Stone and Gravel, but alſo againſt griping Pains of the Bowels, helps Concoction, prevents Fumes and Vapours, Scurvy and Dropſy, by

opening Obſtructions of the Liver and Spleen, and begets an Appetite to Admiration.

Of Furmity.

To make Family Furmity of Wheat. — TAKE good Wheat and ſprinkle it well with Water, then put it into a Bag, and confine it pretty cloſe; next, beat it with a Rolling-pin, till its firſt Skin or Hull becomes looſened, then take it out and infuſe it in a Pan of Water, ſtirring it about for making the Hulls part from the pure Kernel; which ſkim off, and put the neat Wheat into a Pitcher with ſome Water, not near full, becauſe there muſt be Room left for it to ſwell. In this Manner, we put the Pitcher into the Oven, when we ſet our Houſhold Bread in, and after it has ſtood there as long as the Bread, we take it out, and keep it in the Pitcher for uſing it as it is wanted. Then put about half a Pint of this Jelly Wheat to three Pints of Milk, and boil it till it is more tender; when enough, we ſtir in ſome Flower to thicken it, and boil it longer for ten or fifteen Minutes, ſtirring it well now and then the while; but ſome boil the Jelly Wheat in Water, and after it has boiled, add ſome Milk and Flower as aforeſaid, then ſweeten it with a little Sugar, palate it with the Powder of *Jamaica* Spice, and it is fit to eat. Alſo in caſe you will have it further improved, you may boil ſome Currants and Raiſins in Water a few Minutes, then throw away the Water, and put the Fruit into the Furmity, when you ſtir in your Flower. Some make it with ſkim Milk mixt with Water, and think it full good enough for their Family.

To make Barley Furmity. — TAKE common Barley, ſprinkle it well with Water, beat it in a Bag, to make it part with its outward Skin; then bake it in a Pitcher, and manage it in the very ſame Manner as you did your Wheat Furmity. This Barley Furmity by ſome is accounted a very healthful pleaſant Sort, and may be made a cheap hearty Breakfaſt or Supper for a Family.

To butter Wheat or Barley. — THESE may be made to become a hearty Family pleaſant Food, if ordered as done by thoſe who cry about *London* Streets — *Buy a Bowl of Wheat.*—You muſt ſprinkle, beat, bake, and jelly your Wheat or Barley, and then keep it in Store for

for Uſe; when wanted, take a Quantity of it out of your Pitcher, and put it into a Skillet or Sauce-pan over a Fire; then ſtir amongſt it ſome Butter, Sugar, Salt, and a little powder'd Spice; when hot enough, it is fit to eat. Or to make it eat more ſmooth and delicate, you may inſtead of Butter ſtir a little Cream in it. Thus either hulled Wheat or Barley will keep a Week or two, or more in Winter, if rightly jelly'd; and that it may do ſo, after it is baked it ſhould be boiled in ſome Water, till the Water riſes no more on it, and when cold it will be hard enough to be cut with a Knife.

Of Barley-Broth, &c.

BARLEY-Broth made with Engliſh *Barley.*—THIS Barley muſt be firſt baked, and then boiled in Water till it is of a Jelly Conſiſtence, as is before directed. The firſt Water may be thrown away, but the ſecond is here to remain with its boiled Barley; then having beforehand boiled Currants and Plumbs in Water ſome Minutes, in order to take off their Sharpneſs, and prepare them for leſs boiling amongſt the Barley-Broth, they are to be boiled in it till full tender; then ſweeten it with a little Sugar, and a ſmall Quantity of Spice, and it is fit to eat out of Porringers for Breakfaſt or Supper.

French or Pearl Barley-Water for ſick People.—IT is to be firſt only boiled till it is of a Jelly Conſiſtence, and it will ſwell very much; when this is done, throw the firſt Water away, and boil it again in freſh Water; ſome will throw two Waters away, till the laſt Water ſhews a clear amber Colour, before it is done for good; then boil Orange or Lemon Peel in it, with Currants if you pleaſe, becauſe Currants are cordial, cooling, looſening, hearty, and nouriſhing, eſpecially to feveriſh Perſons, and to thoſe that have a Cough, and are aſthmatical; and if their Stomach is not ſtrong enough to eat the Barley, it may be ſtrained off, and the Liquor only drank ſweetened with Sugar, or better with Syrup of Lemons for a Fever; ſome mix it with Milk hot from the Cow, but this is not common.

Pearl Barley-Broth with Meat.—THIS may be made with a Knuckle or other Joint of Veal or Mutton, that

muſt be well boiled. Then having boiled four Ounces of Pearl Barley in two or three Waters, put the Barley into the Meat Broth, with a Pound of Raiſins, ſome Cloves, Mace, Ginger, a little Salt and Lemon-peel; and a Quarter of an Hour before theſe are boiled enough put in alſo ſome Onions, Parſley, Endive, Spinage, Lettice, Purſlane, or any other Herbs.

A Diſh of Barley.—Boil a Quarter of a Pound of pearled Barley till it begins to break, then ſtrain the Water from it, and ſet it on the Fire in other freſh Water; when it boils put in the Barley, and boil it till it is ſoft, then ſtrain this Water likewiſe from it and reſerve it; for now you are to beat four Ounces of blaunched Almonds in a Mortar with the boiled Barley, which done, put the reſerved Liquor to them with a little Sack and Roſe-water, ſeaſon with Sugar, Nutmeg and Cinnamon, and boil them well all together on a Stove-fire or Chaffing-diſh of Coals, and ſauce it with drawn Butter and Sugar.—If you pleaſe you may make uſe of Milk in this Compoſition.

Barley-gruel.—Boil a Quarter of a Pound of Pearl Barley in three Pints of Water till tender, and after one Water is thrown away, add to the Barley three Ounces of Currants, two Eggs, Sugar, ſome White-wine, Milk, and Lemon-peel; ſtir all over a gentle Fire and it is done.

A Barley Pudding baked.—Boil half a Pound of *French* Barley or more (as you think fit) till tender, in Milk, then add to it a Pint or a Quart of Milk, four or five Eggs well beaten, half a Pound of Butter, Sugar, and Nutmeg; put it in a butter'd Diſh, and ſet it in with your Bread.

Of Rice-Milk.

To make Rice-milk.—Boil Rice in Water till it is ſoft, for it will boil better and ſooner in Water than in Milk; and when it has boiled pretty ſoft, if there is too much Water leſſen it, and pour in Milk upon it; then ſtir a little Wheat Flower among the Rice, and boil it for about a Quarter of an Hour or more with ſome *Jamaica* Pepper, at laſt add Sugar, and it is done.—Some keep boiled Rice by them by way of Reſerve, to boil it at ſeveral Times in Milk as they want it.—This is a ready

Breakfaſt

Breakfaſt or Supper, is a very pleaſant Spoon Meat, nouriſhes much, and ſtops Looſeneſs, and therefore is made uſe of in many Families.

A boiled Rice-pudding.—BOIL a Quarter of a Pound of Rice in Milk till it becomes tender and thick, then mix with it ſome Butter, a little powder'd Cinnamon, Cloves, Mace, Sugar, four Eggs, and a Quarter of a Pound of Currants; boil this in a Pudding-bag an Hour.

Butter'd Rice.—WHEN Rice has been boiled in Water, and then in Milk, till tender, bruiſe it well with a Ladle, then put Milk and Butter, or Cream alone, to it; boil it with careful Stirring; ſeaſon it with a little Salt, Nutmeg and Sugar, and eat it with Sippets of toaſted Bread. — Or you may beat dry Rice to almoſt a Flower, then add ſome Sugar, Eggs, a little Sack and ſome Milk, or rather Cream; ſtir theſe well over a Fire till it is like Haſty-pudding, and it is done.

Baked Rice-pudding two Ways.—WHEN half a Pound or more of Rice is boiled tender as aboveſaid, then put to it a Quart of Milk, a Jill of Canary, a little Mace, Cinnamon, grated Nutmeg and Salt, half a dozen Eggs well beaten, half a Pound of Currants, and ſome white Sugar: This Mixture lay on a Diſh that has a Paſte firſt put over all its Bottom, and cover the whole with a Paſte for baking it.—Or you may take a Pint of Cream, and mix it with a Pint of new Milk, and five Spoonfuls or more of Flower of Rice; ſtir it over a Fire till it is like Haſty-pudding, then take it off, and put to it half a Pound of freſh Butter, ſome *Jamaica* Spice, a grated Nutmeg, a little Salt, and ſix Eggs well beaten with White-wine or Canary: All which lay over a Puff-paſte on the Bottom of a Diſh, and bake it.

Rice and Oatmeal-gruel Diet for a Looſeneſs. — IT is recorded by Sir *Kenelm Digby*, that a Lord had this Diet preſcribed for a Looſeneſs. Take two Pints of fine Oatmeal, and one Part of Flower of Rice; boil theſe as a Gruel with ſome Cinnamon, then ſtrain and ſweeten it. Or an Egg beaten with a little Sack may be added to it, or Butter. — It is, ſays he, palatable and nouriſhing.— Likewiſe to make a rich Meſs of Rice, he ſays, mix a Spoonful of Rice-flower with a Quart of Cream, and boil it with Cinnamon, Mace, and Nutmeg; when off the Fire, mix beaten Eggs, Sugar, and crumbled Bread.

Of White-Pot.

THE Farmers cheap White-pot. — TAKE three Quarts of ſkim Milk, or ſo much new Milk, if the Milk has been ſkim'd, make uſe of eight Eggs (if new, but ſix) well beaten, half an Ounce of *Jamaica* powder'd Spice, a little Salt, half a Pound of coarſe Sugar, or more; then pare off the cruſt Part, and cut the crumb Part of two Pounds of common Baker's white Bread in thin Slices, ſoak them an Hour or two in the Milk, before you put the reſt of the Ingredients to it, and bake the whole in an upright glazed earthen Pot, with Houſhold-Bread, near three Hours: This Sort of cheap White-pot I have frequently made in my Family, and it gives my Plowman and other Servants a pleaſant Dinner alone.

A better baked White-pot. — CUT thin Slices of the Crumb of a ſtale white Loaf, and ſoak them firſt in three Quarts of new Milk or Cream, then mix with it twelve beaten Eggs, half a Pound or more of white Sugar, a Nutmeg grated, ſome *Jamaica* powder'd Spice, half a Pound of Plumbs firſt boiled a little tender, and bake the whole in a glazed Pot.

A White-pot with Rice. — BOIL a Pound and half of Rice in a Gallon of new Milk till it is full tender, then take it off the Fire, and ſtir into it ſome crumbled Bread, ſeven beaten Eggs, three Quarters of a Pound of white Sugar, a grated Nutmeg, Cinnamon and Mace, and bake it an Hour.

Of Apple-Pudding.

TO make a Farmer's Family boiled cheap Apple-pudding. — TAKE a Quart of Flower to a Pint of Water and a Spoonful of ſolid Yeaſt; theſe ſtir together into a thick Batter, then pare, core, and cut Apples very ſmall even to mincing, and mix them thoroughly well with the Batter; then put it into a Pudding Bag or Cloth tied up, leaving Room enough for its Swell: This boil an Hour or an Hour and half, and eat it with Milk and Sugar, or better with Sugar and melted Butter.—This makes a very cheap, wholeſome, ſatiating, and pleaſant Dinner for a Farmer's

Farmer's Family; and as the Apples are thus mixed with all the Batter, they will not gripe any Eater of them, which they are apt to do when boiled whole, or not mixt with Paſte, in the Shape of Dumplins.—But if this Diſh is to be made better, Milk and Eggs may be mixed with the Flower inſtead of Water and Yeaſt.—Or the Dough or Cruſt may be made better with Suet or other Fat, inſtead of Yeaſt; but for a Farmer's Family, I think Yeaſt ſufficient, as it makes the Cruſt or Dough eat ſomewhat hollow and palatable.

A ſecond Way to make a Farmer's cheap boiled Apple-pudding. ——MAKE a Paſte with hot Milk and melted Hogſlard, Dripping, or Suet, and Flower; which knead ſtiffiſh, and roll it into a moderate Thinneſs; this done, take Apples cut into ſmall Bits free of Cores or Skins, and incloſe them in the Paſte after the round Form of a Pudding, ſo that Water may not enter; tie it up in a linen Cloth, and if about three Pints of Flower is made uſe of to a Pint of Milk or thereabouts, it may be boiled in an Hour and a half's Time; when taken out of the Pot, eat it with Milk and Sugar, or with melted Butter and Sugar: This alone may ſuffice a Family for a Dinner.—Let your Apples be a little ſharp, elſe they will eat flattiſh.

An Apple-pudding to bake. — To this Purpoſe, ſcald your Apples and pulp them through a Cullender or otherways, then mix the Pulp with crumbled fine Bread, Eggs, Cream, and Sugar; to which you may add ſome grated Nutmeg, or *Jamaica* Spice Powder, and ſo bake it.

To make Apple-dumplins for a Farmer's Family.—MAKE a Paſte or Dough with Lard, Butter, Dripping, and Milk; when the Lard is melted in the hot Milk, put it to the Flower, and knead it; but where the Lard or other Fat is not to be had, knead the Flower with Yeaſt mixt in hot Water: Then wrap a pared large Apple in a Piece of this Paſte, and thus as many more as you think fit, ſo that the Water they are boiled in may not enter them.—Theſe Sort of Apple-dumplins I have frequently made great Part of the Year, and eaten with Sugar ſtirred in ſome Milk for Sauce, and they prove a very agreeable Dinner with a Piece of pickled Pork or Bacon.

A rich boiled Apple-pudding. — MAKE a Puff-paſte by rubbing Butter into Flower, and ſo on, rolling more Bits of Butter into the Paſte ſeveral Times, till a true

true Puff-paſte is made; then grate a Quince amongſt ſome Apples pared and cored, and cut into ſmall Bits, wrap it up in the Puff-paſte, and boil it as a Pudding in a flower'd Cloth. When it is enough, eat it with melted Butter and Sugar. This is a very palatable good Pudding.

How a Lord's Family-Servants had Apple-Pudding made for them inſtead of Plumb-Pudding.——THE Lord I mean here, was one that was a true Œconomiſt, yet kept a good Houſe both for eating and drinking, for I have known him keep two Men Cooks at a Time. However, to ſave extraordinary Expence, amongſt his other Management, he obliged his many common Servants to eat no other Pudding for ſeven Weeks together than Apple boil'd Pudding, which with other Victuals gave them a full pleaſant Meal; the Apple-pudding was made thus:——The Dough or Cruſt was made with Wheat-meal, and either Butter, Suet, or Kitchen Fat, rolled thick to wrap over Apples chopt into ſmall Pieces. When this was done, the Pudding was tied up in a Cloth, and boiled three or four Hours. Then they eat it with Sugar in melted Butter put over the Apples. This was done to ſave the Charge of Plumbs, *&c.*

How to make various Sorts of compounded, profitable, Family Victuals.

Little Bacon Paſties to boil for a Farmer's Family.—MIX a Pottle of Wheat-flower with a ſufficient Quantity of warm Water into a ſtiff Paſte, then roll it thinly out, for making 6, 8, or 10 little Paſties. This done, take half a Pound of Bacon, and cut it into very ſmall thin Slices, and lay ſome of them on a Piece of the Paſte, with good Store of Parſley and Thyme ſhred very ſmall, to which add a little black Pepper, and make it up Paſty-faſhion; proceed thus till all the Paſte and Bacon is made uſe of, and put them all into a Pot of boiling Water, keeping them boiling about three Quarters of an Hour with a quick Fire.—If theſe boiled Bacon Paſties are to be made better, uſe new Milk inſtead of Water, with melted Butter or Lard. You may alſo, if you pleaſe, add ſome chopt Onions or any other reliſhing Herb or Root.

Little

Little Bacon Paſties to bake for a Farmer's Family.—MAKE theſe Bacon Paſties with Bread-Dough, out of the ſame Kneading-Kiver wherein the Dough is kneaded for Houſhold Bread, and in the very ſame Manner as the boiled Bacon Paſties are done; then prick them, and ſet them in with common Oven Cakes. About half an Hour bakes them at the Oven's Mouth, before the Oven is ſtopt up for good with the Bread.———Theſe Paſties are made by ſome Labourers and Farmers Wives for the ſake of their Readineſs, Cheapneſs, and Goodneſs; for as the Gravey of the Bacon is here intirely kept within the Paſte with the Juice of the Herbs, the Mixture of them all renders theſe Paſties a pleaſant, wholeſome, ſatiating Victuals, and ſerves for a delightful Change of Diet amongſt Children and Servants in particular.

The Hertfordſhire *Way of dreſſing Eggs and Bacon.*—OUR Houſewife cuts her Bacon into thin Slices as if for frying, then puts them into a Pot of Water as it hangs over a Fire, either when the Water is cold or hot. If cold, it is to freſhen the Bacon, if when hot, it muſt be put in a little before the Eggs, that they may be both ready together, for the Eggs muſt not be broke into the Water till it boils. When the Eggs are done enough, put a little melted Butter over them, and thus the Bacon will eat freſher and pleaſanter than if fry'd or broil'd, for frying or broiling makes it harder and hotter than when it is boiled.

A ready quick-made Diſh with Bits of pickled Pork and Eggs.—BEING on a Journey, I put up my Horſe at a public Houſe, and as I was in haſte, I deſired ſomething to eat that might be quickly dreſſed; upon this the Woman of the Houſe cut ſome thin Bits of pickled Pork, and fry'd them in a Pan, without any other Fat than what the Pork yielded: At the ſame Time ſhe had ſome Water boiling, in which ſhe broke three Eggs, and all was done in a Trice. This ſhe ſaid is a better way than frying the Eggs, and putting Greaſe over them, for that thus the Eggs will be free from any Tang, and of a pure white Colour.

Mr. Houghton's *Way to bake or ſtew an Ox-Cheek.*—HE ſays, cut off the Meat from the Bones, and when pepper'd and ſalted lay it at the Bottom of a Pot, then lay the Bones broken on the Top, and pour on it a Pint of Claret and a Pint of Ale, over which put Onions with

ſweet

ſweet Herbs, and the Marrow will deſcend and keep all moiſt; ſome add Verjuice, Lemon-peel, Salt, Cloves, and Nutmegs; ſtew it 4 or 5 Hours, then ſauce it with Flower and Butter.

Artificial Oiſters.—A COOK told me, that as ſhe was dreſſing a Supper, and had got her Oiſter-ſauce ready to put to the Fiſh, the Footman ſpilt it. To remedy which, ſhe ſent for ſome Sheeps-trotters, and taking out all the Bones, ſhe cut the Fleſh in little and bigger Pieces, then dreſſed them up, and when added to the Fiſh, they paſſed and were eaten for Oiſters.

To colour Savoys and Cucumbers green.—THE ſame Cook ſaid, that if Savoys were boiled and afterwards turned yellow, ſhe could recover them green again, by putting hot Water on ſome Aſhes, and when they have tinctured the Water enough, there will be a reddiſh Scum: Of this take a Spoonful, and put it into the Water that ſcalds the Savoys (or in cold Liquor or Pickle wherein Cucumbers lie pickled) and it will make them of a fine green Colour. To do this it is reported that ſome make uſe of Vitriol, which is indeed of a poiſonous Nature. Or to boil Things green, as Savoys, Peaſe, *&c.* put them into Water boiling faſt, don't cover, but as ſoon as they ſink take them out.

Ox-Cheek baked the Farmers Way.—WE parboil one or two Cheeks as they come from the Butchers Shops about two Hours, till a little tender, then put the Cheek into a deep glazed earthen Pot, with as much Water as covers it, ſome Onions, Parſley, Thyme, Winter-Savory, and a little Salt; then put it into the Oven with our Houſhold Bread. If the Cheek is young and fat, and the Bones of it well broken, it will yield a good Sort of Soup, in which we ſoak Slices of Bread, and then it gives us, our Plowmen and other Servants, a hearty pleaſant Meal.

Ox-Cheek-Pye.—BOIL a Cheek till tenderiſh; when cold enough, haſh the Fleſh by cutting it from the Bones; ſeaſon it with a little Salt, Pepper, Mace, Cloves, and Nutmeg, and add to it what other Sort of Meat you pleaſe, with ſome Onions and Butter; then cloſe it in Pye-paſte, and when baked put into the Pye a Mixture of Claret, Vinegar, and Sugar, beat with Yolks of Eggs.

Dry'd or hung Beef.—THE *Dutch*, ſays Mr. *Houghton*, take a Veiny Piece of the largeſt Heifer, which is beſt next the thick Flank, the ſecond beſt is the Leg of Mut-

ton

ton Piece, then the firſt Round of the Buttock. Take one of theſe Pieces, and lay it in Brine thus made:——Take four or five Handfuls of common Salt, three of Bay-ſalt, Salt-petre, and Petre-ſalt, of each a Handful; boil theſe in Spring Water to a full Height that will bear Eggs; when cold, put in half a Pint of Vinegar, which helps to make it ſhort.——Now take one of the Pieces of Beef, lay it a Fortnight in this Brine, or ten Days at leaſt, as it is in Bigneſs, then take it out and ſalt it well with equal Quantities of Bay-ſalt, Salt-petre, and Petre-ſalt, for a Week or a Fortnight; then roll it, and wrap it in three, four, or five Sheets of brown Paper, if you burn Sea-Coal, and hang it in a Chimney, where it may be neither too hot nor too cold; turn it each Day for a Week, then once in two or three Days, till it is well dried; then uſe it, or keep it in a dry Place. If you hang it by a wood Fire, it needs no Paper; it may be dried with Saw-duſt, as Neats-Tongues are, but it won't be ſo white.—— Or you may waſh one of theſe Pieces of Beef, and then with ſix Ounces of powder'd Salt-petre, a Pound and half of Bay-ſalt dried and finely beaten, and a Quarter of a Pound of coarſe Sugar, rub the Beef ſoundly, then keep it ſalting with common Salt, turn it for a Fornight, and hang it to dry in or near a Chimney; when it is wanted, boil it in Water and Hay, and it will keep good a Month or two, or more.———But we in the ſouthern Parts of *England* do not prepare hung Beef ſo well as they do in *Lancaſhire* and the North; becauſe they dry it there with the Smoak of Turf, which gives the Beef ſuch a very pleaſant Tang, that it is much coveted and ſent for to conſiderable Diſtances.

To pot or otherwiſe to preſerve Neats-Tongues—At *Newcaſtle*, Mr. *Houghton* ſays, they are potted thus:—— Salt them with common Salt, Petre-ſalt, and ſome Salt-petre, which will make them look red. After ten Days half boil them and ſkin them, then ſeaſon them with Spice, and bake them till they are very tender. Then dry, pot and cloſe cover them with melted Butter, and ſend them where you pleaſe. Or after they are thus ſalted, they may be preſerved raw in Pickle made with the Salts, ſalting them now and then with common Salt, and thus are ready to be boiled upon Occaſion. Or you may take them out of the Pickle, and dry them for boiling afterwards.

The Uſe of Peaſe in Families.

A Hertfordſhire *Farmer's Wife's Way to make her Family Peaſe-porridge, and afterwards Peaſe-ſoup of the ſame.* Her Cuſtom is, when they kill a Hog for pickling Pork, to leave the ſhort Ribs in it; for her Notion is, that they keep the Pork while boiling in leſs Waſte, and becauſe the Bones make the Meat eat the pleaſanter. Of ſuch Pork, ſhe thinks, ſhe makes the beſt Peaſe-porridge, by putting a Piece of it with ſome Peaſe into cold Water, which ſhe boils ſo long, till the blue, white, or grey Peaſe is hulled; and near the laſt of their boilng, ſhe throws a little Bunch of Mint into the Pot. This is the Way ſhe makes her Family Peaſe-porridge; but that for herſelf and Huſband ſhe makes ſomewhat better, by boiling a ſmall Peaſe-pudding in a Bag, amongſt her Peaſe-porridge, and when all is boiled enough, ſhe breaks the Pudding into ſome of the Porridge, and boils it again, and thus makes a good Peaſe-ſoup; accounting both right Houſewifery to the ſaving of much Milk in a Year. *N. B.* If the Hog is killed in the Summer, the Bones muſt not be left in the Meat, leſt it taint.

Another Hertfordſhire *Farmer's Wife's Way to make her Family Peaſe-Porridge.*—This Woman thinks ſhe makes the beſt Peaſe-porridge when ſhe boils a Leg of Pork, or other good Piece of Pork, with Peaſe, till they are full tender; then ſhe takes out the Meat, and pours into the Pot half the Quantity or leſs of Milk, as there is Porridge, and boils it about a Quarter of an Hour, when ſhe mixes two or three Handfuls of Wheat-meal with ſome Water or Milk, and ſtirs this into the Porridge for thickening it, and making it the more hearty; this, when boiled up a very little while, will finiſh the Peaſe-porridge.

A Poor Man's Family Peaſe-porridge.—Many of theſe are glad to make Peaſe-porridge of a Bit of Bacon or pickled Pork. If the Meat is in a ſmall Quantity, it need not be ſoaked to freſhen it; but if it is in a large Quantity, then it is neceſſary to ſoak it in luke-warm Water, an Hour or more, to leſſen its Saltneſs. This done, they boil it with Peaſe, and afterwards thicken the Porridge with ſome Flower, which when boiled up is enough, for giving the Family hearty Breakfaſt and Supper Meals,

crumb'd

crumb'd with Bread, or without it; for ſome think the Porridge thick and hearty enough without Bread.

Peaſe-ſoup made by a Gentleman at Gaddeſden.—THIS Gentleman, my next Neighbour, had frequently a Leg of Beef boiled with Peaſe, for making Peaſe-ſoup thus: After the Beef had been almoſt boiled to Rags, it was taken out and given to the Poor, and then the Peaſe hulled in a Cullender; this done, there was put into the ſtrained Peaſe-liquor ſome whole Pepper, Mace, Cinnamon, and Sallary, and then boiled again.———Or inſtead of a Leg of Beef, you may boil any other Piece of Beef, and when the Meat is ſtrained off, you may put into the Soup one or two, or more Anchovies, Onion, Cloves, Ginger, Savory, Thyme, and Pepper, with ſome Parſley, a Bit of Bacon and Butter, and boil all half an Hour, or rather leſs, then ſtrain off and add Bread, or not. ———Or you may boil Peaſe till they are fit to be hulled through a Cullender, and as they are paſſing through mix ſome Milk with them, which boil with the Addition of ſome ſtrong Broth, Parſley, Onions, Ginger, and what elſe you like beſt.——Or you may make Soup with green Peaſe in their Pods by ſcalding them, and then beating them in a Mortar, and when ſtrained, boil in the Liquor, Onions, Parſley, Mint, ſweet Herbs, and Crumbs of Bread, in Mutton-broth, ſeaſon'd with Salt and Pepper.——Or boil the green Peaſe without their Shells, when tender ſtrain and hull them through a Cullender, then boil the ſtrain'd Liquor with Parſley, Marygolds, Lettice, Sorrel, and Mint, adding Butter, ſome Flower, a little Pepper, Salt, and Bits of toaſted Bread.

The Miſtake of a Farmer's Wife in boiling Peaſe.—SHE lives near *Dunſtable*, and her Father is a conſiderable Farmer near me. The Woman having no Peaſe of her own, her Father carry'd her ſome that were famed for boiling tender in a little Time; but this Woman complain'd ſhe could not boil them tender; upon which her Father aſk'd, What Water ſhe boiled them in? ſhe ſaid, our Well Water. O, ſays he, you have a River near you, boil them in that Water. She did, and then they were tender enough.

Hertfordſhire *Way of making green Peaſe Porridge.*—WE boil green Peaſe quickly after they are ſhelled, and when they are boiled a little tender, we put ſome Milk into the Pot, and boil them about a Quarter of an Hour, then

ſtir in ſome Flower, till the Porridge is almoſt as thick as Pap, and when all is boiled a little longer, with a Bunch of Mint, it is done enough. At laſt, ſome Pepper and Salt is put into each Meſs, and eaten generally without Bread or Butter, becauſe in this Way of preparing green Peaſe Porridge, it is thick enough without Bread.

Hertfordſhire *Farmer's Wife's Way to make a Family Peaſe-pudding.*—WHITE hard Peaſe are commonly ſoaked in Water all Night, for making them boil the ſooner tender; but for blue Peaſe we ſeldom let them lie in Water above two or three Hours. After this, we put them into a Pudding-bag, and boil them about three quarters way, till they are pretty tender, when we take the Bag out of the Pot and beat it well, for cauſing the Peaſe to boil the ſooner into a Maſh or Pudding, and when we think they are beat enough, we return the Bag into the Pot, and boil it about a quarter or half an Hour longer; at the End of which Time, we turn the Pudding out of the Bag, and eat it with a Piece of Bacon or pickled Pork. Some indeed put a little Butter amongſt the Slices of the Pudding; but our Farmers ſeldom do any thing elſe than ſcatter a little Pepper over the Pudding. It will come out of the Pot as firm as a Bread-Pudding.

The moſt proper Peaſe for making Peaſe-Porridge and Peaſe-Pudding.—I ſow the white dwarf marrow-fat Pea, the nonpariel Pea, the great union or blue Pea, and the large hollow grey Pea, in my incloſed Fields, by ſowing ſome broad caſt and others out of my excellent four-wheel light Drill-plow, that has two Hoppers on it, one whereof ſows Peaſe out of it, and the other a powder'd Manure, that falls on the Peaſe, Wheat, Barley, or Turnip-ſeed, the Moment any of theſe are diſcharged out of the Seed-hopper; and by a very little Harrow of ſix Tynes, faſtened to the Arſe of the Plow, it cloſes the Drill as it is drawn along; and when the Peaſe are four or more Inches high, the moſt profitable two-wheel Horſe-break cleans the interval Ground of Weeds, as it is drawn thro' them two or three times in a Summer, by which Means we commonly have the beſt of Crops of Peaſe; but the readieſt Sort of Peaſe for making Peaſe-porridge or Peaſe-pudding are the hulled, yellow, ſplit Peaſe, ſold at many Shops for this very Purpoſe.

To pickle Muſhroom Buttons.—As ſoon as Milk is boiled put in your Buttons, and when boiled 3 or 4 Minutes take

take them out, and put them into a boiled Brine, made with Salt, Water, Mace, Ginger, white Pepper and Bay-leaves. In this Brine keep your Muſhrooms in wide-mouth'd Glaſs Bottles ſecure from Air.

Potatoes, Carrots, Turnips, Cabbages, &c. preſerved.

Potatoes dreſſed by Farmers Wives.—As the readieſt and cheapeſt Ways of dreſſing and eating Potatoes is the Study of a good Houſewife, where theſe Earth Apples can be conveniently had, ſhe often boils them with either a Piece of Bacon, Pork, or Salt-Beef, or by themſelves, and when boiled ſhe takes off their Skins, as believing this Way is better than to pare them before boiling, becauſe it better prevents the Water getting into them, and makes them eat the firmer and ſweeter. She alſo boils them (if ſhe can get it) in hard Spring Water, and very gently, to prevent their cracking. Or if ſhe firſt pares and then boils them, ſhe ought to put ſome Salt and *Jamaica* Spice into the Water, for the better hardening and reliſhing them, provided they are thus boiled for being eat with Meat. But if they are to be uſed in Puddings, or to eat with ſweet Milk, or in any other luſcious Way, the Salt and Spice muſt not be put into the Water. Thus boiled, ſhe lays them in a Diſh under Meat to be eaten without Butter or any other Sauce, except Pepper and Salt, or in a Dripping-pan under Roaſt-Beef, Mutton, *&c.* for their being improved by the Fat and Gravey that drops on them while the Meat is roaſting, to the ſaving of Butter; but where Butter is to be made uſe of, the boiled Potatoes are generally brought to Table under the Meat, and Butter in a Porringer by itſelf, for each Perſon's Choice: Always obſerving to put Potatoes into the Water cold; for if they are put into boiling Water they will certainly crack.———Or the boiled Potatoes may be cut in thin Pieces, and fry'd in good Fat with Onions or Garlick.—Or ſtewed with a Bit of Meat, Onions, Pepper, and Salt, in Ale.——Or they may be baked with Herrings or Pilchers, by laying a Row of Potatoes and a Row of Herrings, and ſo on, adding Salt, Pepper, a very little Vinegar or Verjuice, and ſome ſweet Herbs.——Or when Potatoes are boiled and maſhed, they may be eaten in Bacon, Pork, or other Meat Broth, ſeaſon'd with Spice,

Salt, and Herbs.——Or in Milk alone, or ſweeten'd with Sugar.——Or if the Potatoes are large, they may be roaſted in Embers, and eaten like an Egg with Butter and Salt.——Or ſo maſhed, they may be uſed with Currants, Bits of a Hog's Flair, and other Ingredients, in the making of Skin white Puddings.——Or raw Potatoes may be baked in a Pye with Meat, or without it, ſeaſoning it with Spices and Salt.—Or it may be made into a ſweet Pye, by adding to the Potatoes alone, Raiſins of the Sun, good Suet, Butter, or Marrow, and Sugar, with or without Apples; when baked enough, beat the Yolk of an Egg in Vinegar or Verjuice, Sugar, and Salt, and pour it into the Pye for Sauce. Or when boiled, and eaten with Salt-fiſh and Butter, it will become a very good Diſh.——Some of our Farmer's Wives, when a Hog is killed, will make a good Family Pye with the offald Bits of Meat and Potatoes, otherwiſe with Bits of the Liver and Crow and Potatoes, by laying pared raw Pieces of Potatoes at the Bottom of the Pye, and next a Layer of the Meat ſeaſon'd with Salt and Pepper, and ſo on, a Layer of one and the other.—Potatoes may be ſo managed as to ſave much Conſumption of Eggs, Meat and Bread, as is truly experienced every Year by poor Families in many Parts of *Ireland* and *England*.——At *Mancheſter*, a great Market in *Lancaſhire*, Potatoes ſtand in many Sacks as well as Oatmeal for publick Sale, for here they are in common Uſe by both Poor and Rich; and as I have had Potatoes brought me from that Part, I think I may ſay they are the beſt Sort in *England*, for Whiteneſs, Shortneſs, and Sweetneſs. And therefore they are much eaten by the poor People, firſt boiled, then maſhed, and the Pulp boiled again in Milk, in which they ſtir ſome Flower, and eat it like Haſty-pudding; but the richer Sort mingle a little Wine and Sugar with it, and make ſometimes a Pudding with Potatoes and other Ingredients for the Belly of a Hare and other Beaſts.

To preſerve Potatoes all the Year.—It is not only obtaining a good Crop of Potatoes, but a farther Knowledge is alſo perfectly neceſſary, and that is, how to preſerve them ſound all the Year. *1ſt*, Thoſe Potatatoes that are to be kept for eating all the Year, muſt be kept from the Froſt and from Moiſture. Some of the *Iriſh*, as ſoon as they are taken out of the Ground, dry them on an Oat-Oaſt or Kiln, by laying them on it for about half an Hour or more, immediately after the Oats are off.

Here

Here they keep them turned ſeveral times, till dried enough for keeping all the Year in a dry Place; and thus they may be alſo dried after Malt, when they are to be kept all the Year; otherwiſe they eat them freſh as dug out of the Ground. 2*dly*, Potatoes may be kept in the Ground all the Winter, if a thick Covering of Straw or Horſe-litter is laid over them where they grow. 3*dly*, Or a narrow long Trench may be dug in a ſandy or other dry Soil, and after it is well lined with Wheat Straw on all its Inſide, it may be filled up with Potatoes, and cover'd with more Straw and a thick Top of Mould, to lie ridge Faſhion, in a Field, or other Place. 4*thly*, Potatoes may be kept above Ground in a Cellar or Chamber between Wheat-ſtraw. 5*thly*, They may be dried in the Sun ſufficiently to be preſerved ſound, if kept in a dry Place from the Froſt afterwards, and be ready for Uſe till Potatoes come in again. I have eat them good in the Month of *June* in *Somerſetſhire*, though a little ſprouted: But they were firſt pared before they were put into the Pot. Some Gardeners put a Buſhel of them in a Heap in dry Sand in a Barn, and cover them with Straw, but put no Mould over them.

Carrots, their Uſes and Preſervation.—THESE Roots are a very pleaſant and nouriſhing Sort both for Man and Beaſt; and if they are managed in a right Manner, they may be enjoyed moſt Part of the Year; for their Seed may be ſown, ſo as to have ſeveral Crops in that Time. When made uſe of at about the Thickneſs of a Man's Thumb, what is a more dainty Root to eat with roaſted or boiled Fleſh? And to preſerve them for eating in Winter and Spring, they may be hoarded in Pits of dry Earth, or in other Places, as Potatoes are. They will cauſe a little Meat to go the farther in a Family; fatten Horſes, Oxen, Hogs, Sheep, or Rabbits; keep milch Cows and other milch Beaſts in Heart, and breed much Milk. The Trench or Pit ſhould not be above eighteen Inches deep, and as much broad, but as long as you pleaſe. If you lay the Carrots deeper and thicker, they will heat and grow. Others lay them in Sand in a Houſe.

Turnips and Parſnips—MAY be preſerved in the ſame Manner, in the Ground, or between Wheat Straw in a Chamber or other convenient Place, where there is no ſandy Ground to keep theſe or Carrots in. But where there is Sands, a certain Gardener takes up his Carrots

about the firſt of *September*, and puts them in a Pit ſix Inches wide at Bottom, eighteen at Top, and covers with a Ridge.

To preſerve Onions, Garlick, or Shalots from one Seaſon to another.—THESE Roots are ſo neceſſary for Family Uſes, that none ſhould be without them. I am not a Gardener, and therefore touch only upon a few Particulars of it; one among the reſt is, how to preſerve Onions, Garlick, and Shalots, by the natural Heat of the Sun, and by an artificial Heat. By the Sun, when they are ripe, and laid (and now and then turned) on the Ground in Sunſhine Weather till well dried: By artificial Heat, when they are put into an Oven after the Bread is drawn out, with their Bottom Part downwards, there to lie till they ſweat and become ſoftiſh; for by ſuch Heat, Vegetation is ſtop'd and utterly deſtroyed, and when the Onions, Garlick, or Shalots are quite cold, they will be hard and keep ſound. And now I am writing on Onions, I take this Opportunity to inform my Reader of a moſt neceſſary cheap Improvement that is to be made, by buying only one Pennyworth of *Welch* Onion Seed at a *London* Seed-ſhop, and ſow it in a little ſquare Bed of Earth, about four Foot long, and two or three Foot wide. I did this, I think, in 1742, and at this Time (1749) they are in a flouriſhing Condition. They are of ſo hot a Nature, as to ſhoot out their flaggy Stalks in *January*, always in *February*; and thus as Graſs Onions, they may be cut (I am of Opinion) twenty or more Years together, but they muſt be duly weeded, now and then manured in the Middle of Winter, and never ſuffer'd to run ſeedy.—Or as theſe come ſooner than any others, their Seed may be ſown annually to draw for young Onions to be eaten in Sallets, or with Bread and Butter in *May*, as the common Gardeners do.—Some Gardeners lay Straw or Mat over a Rack in a Houſe, and Onions, Garlicks, or Shalots on it, but not to touch one another, for moſt of the Winter.

To preſerve Cabbages and Collyflowers.—CUT Cabbages and Collyflowers off their Stalks at *Allhollantide*, with all their rough Leaves on, and keep them under a Cover of Wheat Straw from the Froſt; by which Means they'll keep ſound and ſweet a long Time, elſe the Froſt may take them, rot them, and make them ſtink.—Others only tie their upper Leaves cloſe on their Top with Baſs-ſtring, and if the Froſt be not too ſevere, the Cabbage will be preſerved

preſerved ſound from that and Rain, almoſt if not quite a whole Winter; or you may keep them hung up in a Cellar with all their Stalks and Roots.

To preſerve Kidney or French Beans.—STRING the Beans and lay them in a glazed earthen Pot, and between every Layer of them lay Salt, and they'll keep all the Winter very green, eat freſh, and be near as good as when freſh gathered.—The white Kidney Bean or Seed is preſerved, by letting them be thoroughly ripe before gathering, and then well dried in the Sun, for being afterwards conſerved in their Pods or without them, in a Chamber or other dry Place, ſecured from Froſt. Theſe ſeed Beans of late are cried about *London* Streets in the Winter and Spring Seaſons, to ſell for being boiled and eaten with melted Butter, eſpecially among the poorer Sort.

Carrots preſerved throughout the Winter and Spring by a Lord's Gardener.—HE makes a Pile of them like a Hay-cock in a Ground-room, in which he ſometimes puts ſix, eight, or ten Buſhels; and when it is thus finiſhed, he has it ſurrounded with Wheat Straw, made into Yelms as for thatching, on all its Sides and Top; then he has ſeveral Wheel-barrows full of dry Gravel laid all about them, ſo that the Carrots are intirely cover'd with Straw and Gravel, and being confined in a very narrow Place, the Froſt can't come at them, and thus they'll eat freſh and ſweet. And as his Lord's Seat ſtands within a Day's Journey of *London*, Carrots and other Garden-Ware are frequently ſent up to the Family in *London*; but to do this the ſeldomer, they uncover Part of the Pile, and take out about a Buſhel of Carrots at a Time, which they put into a Hamper on a Layer of dry Straw, then a Layer of Carrots, and ſo on till full.

Potatoes preſerved by a Lord's Gardener.—THEY are waſh'd immediately after being taken out of the Ground, and very well dried; then after laying a Layer of Straw in a Hamper, a Layer of Potatoes on that, and ſo on till the Hamper is full, it is kept all the Winter and Spring in a Cellar, where neither Froſt nor Moiſture can come at them; and thus the Potatoes may be ſecurely kept in delicate ſweet ſound Order in one or more Hampers.

Onions and Garlick, &c. preſerved by a Lord's Gardener.—HE has a large Cheſt kept during the Winter in a dry Room even with the Ground, wherein he firſt puts

a Layer of dry Wheat Straw, then a Layer of Onions on that, then Straw, then Onions, and ſo on till the Cheſt is full.—Garlick he ties up in Bunches, and keeps them in a dry Room.

The Preſervation of Apples.—APPLES gathered ripe, dry, and free of bruiſing, if they are of the laſting Sort, may be preſerved almoſt till Apples come again. My Man in gathering Apples puts them into a Sack faſtened before him from his left Shoulder to his right Hip, for if he gathered them into a wicker Baſket, it would be apt to bruiſe them; and to prevent the like Damage happening to thoſe Apples that fall in gathering, he lays ſome Straw, Fern, or Blankets under the Tree: Some lay them thinly next the Boards on a Chamber-floor, and cover them with Straw to prevent the Damage of Froſts, their heating, ſweating, and rotting; and ſhift with freſh dry Wheat-ſtraw now and then, under or over them, or both. The famous early-ripe Parſnip Apples will keep till *Chriſtmas*; Golden-rennets, and ſome others, till *Candlemas*, and longer; Ruſſettings, John-apples, Holland, Green, Kentiſh, Lemon Pippins, and Non-pareils, *&c.* till Apples come again, therefore lay their ſeveral Sorts by themſelves. I have known ſome Gentlemen ſo curious as to have their Golden-pippens gather'd before they were full ripe, to prevent the Damage of Froſt, for by this Means they will have the finer Flavour, but are apt to ſhrivel a little. Be ſure now and then to ſearch for ſome decayed Apples, for if any be rotten they will quickly infect ſound ones; but forbear to do this in a Froſt, on a ſudden Thaw, or in very damp Weather.—Holland Pippins on the 17th of *May*, 1747, were cried to be ſold for 4 *d.* a Peck; the Woman that ſold them ſaid ſhe cover'd them with nothing, only laid them on Wheat-ſtraw in a Chamber; if they are not meddled with, the Froſt in ſuch a Place won't hurt them.

To preſerve Pears.—WARDEN Pears in particular deſerve great Care in their Preſervation for a Family Uſe, becauſe they may be made to ſerve as Part of their Subſiſtence great Part of the following Year. The Pound Pear, black Pear of *Worceſter*, *Cadilliac*, and ſome other Sorts that bear well every Year, will agree with the ſame Management of Preſervation as the Apples.—Some direct to preſerve Apples in Syrup, but this is rather too coſtly and troubleſome, but both Apples and Pears may be preſerved

preſerved ſome time dry by baking them in an earthen glazed Pot, or better in a flat Pan; the Apples ſhould have firſt a Skewer run through them from the Eye to the Stalk. Pears likewiſe may be preſerved by being baked whole in the ſame Manner, a Peck with half a Gallon of ſtrong Ale put amongſt them, cover'd over with Paper; then take them from the Liquor, ſqueeze out their Moiſture, and dry them on Sieves: The ſame Way dries Apples, after their baking, and being ſqueezed flattiſh from Top to Bottom, and put into an Oven after Bread is taken out; or the Sieves may lie on a Rack fixed to a Ceiling near a Fire. See *Evelyn's French Gardener.*

A Letter from a worthy Gentleman to this Author concerning the Improvement of baked Pears.

London, September 16th, 1745.

SIR,

SINCE no Fruit is more wholeſome, delicious, and gratefully cooling than a good baking Pear, and as I take you to be an experienced Judge of the agreeable Quality of your own Orange Pear of *Gaddeſden*, let me recommend to you, as well as to all good Houſewives, who are not acquainted with the ſimple Secret, that as the moſt inviting Appearance and tempting Dreſs this delicious Part of a Deſſert can be cloathed in, is that of an agreeable Red, ſo no ſimple and innocent Art effects it ſo truly as that of baking them in a Pewter-diſh, or Pewter-baſon: I ſpeak from the Field of Experience, as the following Incident clearly ſhewed.—A Relation of mine had ſome noted Trees for Baking-Pears in his Garden, and had alſo an admirable good Cook, famous in the Country for giving theſe Pears a beautiful Red in baking; but by Accident being removed from the Family, his Succeſſor quite failed in this particular Point of baking the noted Pears red: This put ſome of the Family upon unſuſpected Means of applying to the old Cook for his Secret, which taking Effect, behold it was nothing more than his having conſtantly baked them in deep Pewter Diſhes, whereas upon Examination the Succeſſor had always done it in earthen glazed Veſſels. Therefore after paring and coring, let them be only quarter'd or half'd, and laid on the naked Bottom of the Pewter Diſh

or

or Baſon, with the proper Quantity of beſt Sugar according to the Nature of the Pear, and without any Cruſt on the Bottom or Sides of the Diſh: Laſtly, cover the Sides of the Diſh or Baſon, when full, with a ſuitable Pewter Diſh or large Plate, ſo that this Cover may even touch the Top of the Pears, then with a little Dough or Paſte of coarſe Flower and Water ſtop the Edges of the Cover, to retain the Steam the better in baking. Some put a little Water and ſuch Spice they like beſt; a thorough juicy right baking Pear wants very little Water, as much of it impoveriſhes it. I take theſe Pears to be of the Warden Kind, perhaps croſſed, and (much improved by their fat loamy Clay) fit to bake in *October*, but will hang on till *December*; they are great Bearers like Ropes of Onions, being a middle-ſized Tree, inclinable to ſpread horizontally, and to be weighed down by its Weight in Fruit. It is alſo to be obſerved that no baking Pear is ſo red as will turn after being cold, and the ſecond or third Day after baking they are at their cleareſt bright Red, though they will hold a good full red Colour ſome Weeks in Winter, if kept from freezing. Therefore to regard them with Art, the Cruſt ſhould be broke from the Cover before they are quite cool, then the Cover taken off for an Hour or two, and laid looſely on again, always obſerving to ſerve up the uppermoſt Layers of Pears as they riſe, and pouring over them a Spoonful or two of the clear crimſon Syrup. This I have Inſtructions in from the Ladies. A Mouthful or two now and then may be given in burning Fevers, to the great Comfort and chearing of the Patient; they are likewiſe good in dry hectical Habits, eſpecially as a light Supper. They may alſo be given now and then with Judgment in ſome Stages of the Small-Pox, and very ſafely at moſt Times in the Meazles, eſpecially when too plentiful a Bleeding continues at the Noſe. They are admirable after great Heats and Fatigues, when the Body is cool enough to receive them, becauſe they gently cool, aſtringe, and corrugate the Fibres of the Stomach.—This was wrote before I went out of Town, but forgot to be ſent away. I have not Time at preſent to anſwer your laſt Favour of the 12th, but will ſoon.—I have undertaken to procure from you four choice Plants of the black Kerroon Cherry, for a worthy Friend of mine in *Northamptonſhire*, who has every thing very good about his Houſe, but never heard of this famous Cherry:

Cherry: He ſays he has no more Room to ſpare in his Garden for large Standards, or I would have made him a Preſent of more from you, as a Parſnip-Apple-tree or two, and the Orange-Pear. However, he is now marched againſt the Rebels, and if he comes back in Time this Seaſon, or in the Spring, I ſhall then give you Directions about them; he has as ſtrong and deep red Mould as moſt in *England*, partaking more of the Clay than Sand, yet ſuch as won't hold Water, which added to his own Ingenuity, good Choice at firſt, and Care afterwards, makes his Fruit in general excellent, as well as his Cyder, Perry, and made Wines.

I am, Sir,

Your aſſured Friend,

A. B.

To preſerve Quinces.—A Tree of theſe planted on the Brink of a wet Ditch is a conſtant Bearer, and will thrive exceeding faſt if its Root-ſhoots are kept down. One of the right *Portugal* Sort I have thus growing. Quinces will not keep long without good Management, therefore gather them full dry and free of Bruiſes, and rub them with a Cloth; this done, lay them in Wheat-ſtraw, in a Chamber, and in a Row, then another Row and Straw, and ſo on: But they are better pack'd thus in a Caſk, for keeping the Air from them.—Quinces may be alſo preſerved in Marmalade ſeveral Ways; but to avoid too much Coſt, pare, core, and quarter the Quinces, then put the Quarters into a Pitcher, with ſome Sugar and Water, enough to cover them, and Paper tied over it's Mouth: Let the Pitcher be put into an Oven with Bread, and thus baked till the Quinces are pretty tender, then take them out of the Pitcher Water and all, and add more Sugar, and, if Occaſion, more Water: Two Pounds of Quinces ſhould have near a Pound of Sugar, and a Pint and half of Water, which boil all together till the whole is almoſt candied, for then it will be a red Marmalade fit to be potted up, and cut out in Slices, as it is wanted: You may make a Sort of Jelly Liquor of the Quince Parings, Cores, and Kernels, by firſt beating them, and then ſoaking them 48 Hours in cold Water, which

which ſtrain out, and put into a Sauce-pan with the baked Quarters of the Quinces, and boil as aforeſaid, or otherways.

To preſerve the Golden-rennet and other ſuch Apples till May *is over.*—I am credibly informed that a Gentleman was ſo great a Lover of the Golden-rennet Apple, that to keep them ſound till *May* was out, he made uſe of a Butter-firkin, at the Bottom of which he put a thin Layer of dry Wheat-ſtraw, and then a Layer of Apples, then again another Layer of Straw, and a Layer of Apples, and ſo on till he filled the Caſk. This done, he put on the looſe Head, and buried the Firkin under Ground, where, by keeping out the Weather, the Apples kept ſound and good till *May* was out; and by the ſame Method may other Apples be preſerved in excellent Order.

To preſerve Walnuts, by a Lord's Gardener.—He has a ſquare Tin Cheſt or Box that holds about two Buſhels, which he fills with Walnuts, after the outward Coat or Huſks of them are taken off, and they are well rubbed and dried in the Sun. The Tin Box thus filled, he puts into a Grave or Foſs in the Earth, ſo deep, that about two Foot of Mould may lie on its Top; here they commonly remain till *Candlemas*, when they are taken out in a freſh ſweet Condition; and for the Family's enjoying Walnuts in the mean time, ſome are laid in Sand in a Cellar, others under Straw in a Chamber.—One of my Neighbours put a Buſhel of Walnuts into a Hole in the Ground, and after they had lain till *Allhollantide*, they were taken up, and ſeemed to be as good as when firſt laid in.—Or you may put ſome dry Sand at the Bottom of an earthen Pot, then a Layer of Walnuts at an Inch Diſtance from each other, and ſo on, till the Pot is full. When they are to be eaten, ſoak them in warm Water for an Hour, and rub them dry, by which Means they will peel, and taſte ſweet.

Cherries and Gooſberries preſerved a long Time.—It is the Practice of ſeveral of our *Hertfordſhire* Women to preſerve ſome of our famous moſt excellent of all black Cherries, the large black Kerroon Sort, when they are dry, ripe, and ſound, by filling Stone or Glaſs Quart or bigger Bottles with them, and as they are filling, to give the Bottle a Shake or Pat on a Cloth ſpread on a Table to make them lie the cloſer, then cork very tight, and if you tie ſome Leather over the Cork it will be an additional

additional Security. About *Whitſuntide* they commonly make Tarts of them, and as the Cherries will in a little Time after bottling yield Juice enough to cover them, when any of their Family is troubled with Wind, or the Wind Cholic, they will pour out a Tea-cup of the Juice, and mixing a little Sugar with it, it relieves them. By this Method theſe Sort of Cherries have been kept ſerviceable above two Years, and when they have been eaten with Sugar, they have acquired a Strength ſufficient to warm the Stomach.—If when you bottle the Cherries, you add a little Sugar to them, it is thought by ſome an Improvement. Keep the Bottles in a cool Place, and from the Air as much as you can.—So one of our Houſewives at *Gaddeſden* preſerves Gooſberries, by firſt ſcalding them, but not to break, and then corking them well up in a Bottle. Or you may preſerve Cherries, Gooſberries, and Currants, by filling Quart large-mouth'd Glaſs Bottles with either, and putting them in an Oven after Bread, cork'd well.

To preſerve black Cherries, Sloes, &c.—We put either of theſe in a Stone Bottle that holds one, two, or three Gallons, with ſome Sugar, cork it well up, and bind Leather over it. This we put into a Hole in the Ground and cover up, ſo that no Weather can hurt it; in the Spring Time we take it up, and the Liquor will be like Claret: This is practiſed in *Hertfordſhire*, where we abound with greater Plenty of black Cherries than any other County in *England*; but of this, more by and bye.—Or you may have Cherries or Sloes, *&c.* all the Year, by laying a Layer of Hay and a Layer of Cherries, and ſo till a Firkin is filled, to keep out all Air, and under a Bed, but the Cherries muſt not be bruiſed.

To preſerve Apples, Carrots, or Turnips, &c. *ſound all the Winter.*—This is practiſed at a certain Knight's Seat in *Hertfordſhire*, where they think Bran is very ſerviceable on this Account, by covering Apples, Carrots, or Turnips, *&c.* in it, which will defend them againſt Froſt, Dampneſs, and a quick decaying, and the better if they are thus placed in a dry Room.—A Vale Woman that lived about three Miles from me took this Method to preſerve her Apples: She laid them on Wheat-ſtraw on a Floor above Stairs, and when Froſts were at hand, ſhe would cover her Apples with Wheat-ſtraw or Blankets, and in open Weather take them off to give the Fruit Air.

Air, but we take ſpecial Care not to put one bruiſed Apple amongſt the gathered ones, for the bruiſed ones will certainly rot and infect the ſound ones.

To preſerve Gooſberries, Strawberries, Bullace, Damſins, &c. *for Tarts or Pies.*—For this Purpoſe the Fruit muſt not be ripe, yet arrived to its full Growth. Have ready Quart Glaſs Bottles that are thoroughly dry, and when the Fruits are well pick'd, put either of them into the Bottles; and let your Corks be of the beſt Velvet Sort, that they may keep Water from entering, for the Bottles muſt be put into a Kettle of Water up to their Necks, but not to touch the Corks. And when the Water is hot enough, and the Gooſberries look white, take off the Kettle, and let the Bottles remain in it till cold. Then take them out and tie Leather about them, or put Wax or Pitch on them, and keep them in a dry Place for Uſe.——Or you may preſerve Gooſberries, Mulberries, Strawberries, and ſuch like Fruit, by putting them in large Stone Bottles cloſe by a Fire-ſide, for the Heat to draw out the Air; when full, cork up immediately, and keep the Bottles in Sand, to prevent Air, in a cool Place. White Damſins are fine Fruit to preſerve. I ſell the Trees.

To preſerve Nectarins, Peaches, Apricots, &c.—Wood Aſhes, finely ſifted, are of a ſoft dry Nature, and ſo impregnated with vegetable Salts, that they are Enemies to Inſects, and potently reſiſt Putrefaction. Therefore lay a Layer of ſuch Aſhes at the Bottom of a wooden or tin Box, and place your Fruit on it at one Inch Diſtance from each other. Then ſift Aſhes over all of them two Inches thick. This done, lay more Fruit in the ſame Manner, and proceed on, Aſhes and Fruit, till the Box is full. Thus laid, the Aſhes and Box will keep out the Air, and preſerve the Fruit freſh and ſound ſome Time, be they Nectarins, Peaches, Apricots, Plumbs, or others. Seeds alſo of any Kind may be thus preſerved; and if Occaſion be, they may be ſafely carry'd hundreds of Miles unhurt. Or inſtead of Wood-aſhes, you may make uſe of dry'd Sand; but I think the Aſhes beſt for keeping any ſtone Fruit in good Order till towards *Whitſuntide.*——Or you may, according to *Evelyn's French Gardener*, page 294, preſerve ſtone or other Fruit in the Muſt of new Wine, Cyder, Perry, or Honey-drink, provided two Thirds of it are firſt boiled away. But this laſt Way and by drying are coſtly and troubleſome.

To preſerve Grapes.—THESE, according to *Evelyn*, may be preſerved by ranging them on Straw, or hanging or laying them on Sieves or Racks placed near the Ceiling, but not far from a Fire-ſide; covering them over with Paper, to keep them from Duſt.———Or they may lie in a Barrel amongſt Wheat or Oat-chaff, or Wood-aſhes.—Or they may be hung by the Stalks of their Bunches in a dry Place.——Or they may be dried on a Sieve, by being put into an Oven after Bread, and turned once or twice in the Time. Thus in an Oven may Plumbs, Peaches, Apricots, Cherries, *&c.* be dried; but the Stones of the large Sort muſt be firſt taken out when they are full ripe. Or you may preſerve Grapes in a Syrup. Take white Grapes, ſtone them, and boil them up with Syrup of Sugar on a quick Fire; three Quarters of a Pound of Sugar to a Pound of Grapes; and as they boil, ſtrew a Quarter of a Pound of more Sugar on them: When clear, take them off the Fire, cover them, and at laſt take off the Scum-part, and keep them in cover'd Glaſſes. Thus they may be made a moſt excellent Sweet-meat.——Thus Currants, Cherries, and ſeveral Sorts of Fruits may be preſerved in Syrup.

To forward the ripening of Apples, Pears, &c.—LAY them in Heaps as ſoon as gathered (the larger the Heap, the ſooner they will ſweat) and by thus ſweating they will ripen and be fit to eat; or otherwiſe, to uſe the ſooner, you may ſhake them in a Sack, and by their being rubbed againſt one another, it will forward their ripening.

To preſerve Broad-Beans and Peaſe dry.—TAKE them out of their Pods before they are ripe and while their Skin is green; ſtrip them of their Skin, and dry them thoroughly in the Sun; rub them all over with Winter-Savory, and barrel them up in Straw or Chaff, or without either, provided you keep the Air from them. In Winter or Spring, or when they are wanted, ſoak them ſix Hours in warm Water, and then boil them for eating.——— Peaſe alſo ſhell'd young out of their Pods may be thus ſerved.

To preſerve Muſhrooms dry.—STRING them on a Thread, hang them up over an Oven or other dry Place, and keep them for Uſe.

To make a very rich Family Cordial with Black-Cherries, Mulberries, Blackberries, &c.—PACK ripe pick'd black Kerroon Cherries in a Jar, or earthen glazed Pot, with white

white Sugar, by firſt putting a Layer of Sugar about half an Inch thick, then a Layer of Cherries, next a thinner Layer of Sugar, then Cherries, and ſo on till the Pot is full: Then put half a Pint of clean old Moloſſes Brandy, or better *French* Brandy, into a Gallon Pot of them; cover them cloſe, and bury them deep enough in the Ground from the Power of the Froſt. After three or more Months Time, you may take up the Pot, and I will anſwer for it you will find an excellent rich Cordial indeed, furpaſſing moſt others.

A Syrup to preſerve white and black Damſins, Bullace, Plumbs, Cherries, Currants, &c. &c.—For this Purpoſe, theſe muſt not be quite ripe. Boil up a Pound and a Quarter of white Sugar in two Pints and half of Water to a Syrup, and as it boils ſcum it till clear. Let the Syrup be cold, and then put in either of theſe Fruits, and over a ſoft Fire keep ſtirring them till near ſcalding hot, and no longer. When cold, put all up in one or more glazed Pots, ſo that the Syrup may lie above the Fruit. Cover all very cloſe, for Air prevents their Preſervation any long Time. And thus Cherries and Currants may be preſerved. If Cherries, they ſhould be large red *Kentiſh*, or Maydukes, not full ripe; theſe ſtoned, ſtalked, maſhed with Currants, and boiled with Sugar, may be kept in cover'd Pots. So Raſberries and Currants may be done in a Mixture.—Or you may boil ten quarter'd ſmall Pippins in a Pint of Water, till the Water is near half waſted; this ſtrain through a fine Sieve, and boil it with Sugar to a Jelly, and put in your white or red Currants, boiling them till they are tender, which keep in Pots or Glaſſes. Or you may preſerve Damſins, Bullace, *&c.* by baking them in a Pot after the Bread is taken out of the Oven, and when cold cover them with melted freſh Butter, or better with melted Suet, in little Pots, to uſe all at once.

Syrup of Cowſlips given away by a Gentleman.—A Gentleman of a good Eſtate, living near *Ivinghoe* in *Bucks*, uſed to boil the Flowers in Water about 20 Minutes, then ſtrained out the Liquor and boiled it with Sugar to a Syrup. This Syrup he mixed with Elderberries, and gave it to ſick Perſons to make them repoſe.

Cowſlip-tea by the ſame Gentleman.—The ſame Gentleman would gather and dry the Flowers in the Sun, which he afterwards kept in a Paper-Bag, for making Tea

of

of them, which he did many Nights to make him ſleep. Others for this Purpoſe make a Wine of them.

Elder and Black-berry Syrups made by the ſame Gentleman. THE ſame Gentleman would put a Pot of either of theſe Berries into an Oven with half a Pint of Water, and the liquid Part that came from them he boiled up with Sugar to a Syrup. Some think Syrup of Blackberries the beſt of Syrups.———In *London* they mix their Elder Syrup, in particular, with Drams of Gin or Brandy.

Rob of Elder, Cherries, &c.—IT is made by boiling the Juice of Elderberries over a gentle Fire, with a moderate Quantity of Sugar, till it is as thick as Treacle.—Or when you have put your Elder-juice into a Copper or Braſs Kettle, or Pan, when it begins to boil put two whites of Eggs well beaten-up into it, which will raiſe a Scum that you muſt take off as it riſes; when well ſcum'd, put a Pound and half of Sugar to a Quart and half a Pint of Juice, and boil all gently till it is a Syrup. When cold, bottle it up, but do not cork it till Winter; only tie prick'd Paper over the Cork-hole.——So for making a Rob or Syrup of the black kerroon Cherries; it is only ſtraining a Quart of their Juice through a fine Sieve or common ſtraining Cloth, and boil it up with a Pound and half of Sugar into a Syrup.——Currants the ſame.——If you will preſerve the Juice of Elderberries a good while, be they the white or black Sort, put them into a hair Bag in a Screw-preſs, and mix two Quarts of Brandy with 10 Gallons of the Juice.

Rabiſha's *Way to make Syrup of Clove-july-flowers, or any other Flowers.*——TAKE a Peck of their red Flowers, cut them from their white Part, and bruiſe them a little. Then boil a Pint of Water, and when it is a little cooled, put it to the Flowers, which keep cloſe cover'd a Day and Night. Then put a Pound and half of clarified Sugar to them, and let them all ſtand together one Night. Next Day put them into a Gallipot, and ſet it in a Kettle of Water over a Fire, and boil it till the Sugar is melted into a Syrup.——But to explain this Receit the better, cut off the Flowers with a Pair of Sciſſars, and put them into a high Gallipot, with their Weight of Sugar mixt amongſt them with a little Water, till they are up to the Top of it. Tie a Cloth over it, and boil the Gallipot in a Kettle of Water over a moderate Fire for ſeveral Hours, till the Virtue of the Flowers is extracted.

Then ſtrain out the liquid Part through a fine Sieve or coarſe Flannel, and bottle when cold.——Or to make this Syrup the richer, you may a little bruiſe a Pound of the Flowers, and boil them in a Quart of Water, mixed with half a Pint of white Wine, for about thirty Minutes; then ſtrain out the liquid Part, and boil and ſkim it till clear. This done, boil it again with ſome bruiſed Cloves and other Spice, and to a Quart of the Liquor put three Quarters of a Pound of Sugar, or thereabouts. When boiled to a Syrup, ſtrain, and bottle when cold.——This Syrup in my humble Opinion exceeds all other Sorts.

Syrup of Sloes.—THREE Pottles of them baked yield ſomething above a Pint of Juice: To this put one Pound of coarſe Sugar, and boil a Quarter of an Hour, and by ſcumming it, it will become a clear Syrup.

Rabiſha's *Way to preſerve green Walnuts in Syrup.*—BOIL them till the Water is bitter, then take them off the Fire, and put them into cold Water; then peel their Bark off, and weigh them; add to them their Weight in Sugar, with a little more Water than will wet the Sugar. Set them on the Fire again, and when they boil up, take them off. Let them ſtand two Days, and then boil them again; ſo keep them for your Uſe.——Theſe are a noble Stomachick, and ſo much in Eſteem with the *French* Gentry, that one or more of them are, with a Dram after them, commonly made a Breakfaſt of.

The following Receits, with many others, came to me by the Poſt, from a young Man well qualified in Huſbandry Affairs, whom I ſent into Devonſhire *to a Gentleman of a landed Eſtate there, as his Servant or Bailiff, who made it his Buſineſs, as often as he had Time, for ſeveral Years, to collect for me thoſe Curioſities, which he thought might be ſerviceable to me in this and other Works.*

Elfordleigh, near *Plympton*, *Oct.* 29, 1748.

Honoured Sir,

I Have herewith ſent you ſome Receits as they are practiſed in our Family, which I hope will be acceptable to you.

How

How to make a boiled Beef-ſteak Pye.—CUT the Meat into Steaks of a moderate Size, beat them, and ſeaſon them to your palate, then having Dough made, with or without Suet, make the Pye in a Pewter-baſon, laying firſt a Bottom of Dough, and when the Steaks are put in lay a cloſe thick Cover of Dough on the Top, and over that faſten a thick Cloth to prevent the Water getting in. This boil in the ſame Manner a Pudding is done; being a Method that is frequently practiſed in our Houſe, as it ſaves the Trouble and Expence of heating an Oven. But mind always that in this Way a Cloth be well tied over the Top. Our broken Meat is often dreſſed in this Manner, ſometimes improved when mixed with ſome Onions and Apples.

To boil a Pye of ſquab Pigeons, &c.—THIS is often done with us, and ſo is an Apple-pye, in the ſame Manner as the Beef-ſteak-pye is done.

To broil a Pigeon, or any other ſmall Fowl.—WHEN it is well pick'd and clean'd, make up a Seaſoning in Butter, and put it into the Body of the Fowl; then ſow each End very cloſe, and broil it whole over a moderate Fire. This Method is little or nothing inferior to roaſting, as it preſerves its full Goodneſs, whereas by the common Way of ſlitting them it is in a great Meaſure loſt.

To make Elder Syrup.—WHEN the Berries are full ripe and dry, gather them, pick them very clean, and put them in a glazed earthen Pot into an Oven, and bake them in a moderate Heat of it, then ſqueeze out the Juice, and add to every Quart a Pound of Sugar, which boil together. When cold, bottle it. This far exceeds the Wine in Virtue, and is excellent for a Cold, taking a Tea Spoonful of it boiled in half a Pint of Ale going to Bed, or in a Morning faſting; and it is what no good Houſekeeper ſhould be without. If enough of this Syrup is preſerved, an Elder-wine may be preſently made of it at any Time. Cowſlip-wine is a good Liquor in a Family, eſpecially when made bitter with Lemon-peel, which renders it very wholeſome. So far this Correſpondent.

Elder-berries diſtilled.—IT was the Practice of one of our Country-women to diſtill Elder-berries for a Cordial Water. She broke the Berries with her Hand, and in nine Days they would ferment enough to diſtill a ſtrong Water or Brandy from: And if that was diſtilled a ſecond Time, it would be extraordinary good. But for a farther Im-

provement of it, ſhe would with the Elder-berries mix Balm, Mint, Carduus, Pennyroyal, or green Wormwood inſtead of Carduus, and diſtill it on Saffron and loaf Sugar firſt put into a Bottle.——Or thus, bruiſe the ripe Berries well, and put them into warm Water. Put Yeaſt to them, cover them warm, and let them work three Days, as Beer does. Then diſtill them, and they will yield their Spirit eaſily.———Or preſs out the Juice of ripe Elder-berries, and put it into a Tub: To each Gallon put three Pounds of Sugar and ſome Yeaſt, to work it into a Fermentation.—Or boil the Juice and Sugar, and when Blood-warm, put Yeaſt to it. When the Fermentation is over diſtill in an Alembick by a gentle Fire, till it taſte ſouriſh. Keep this for a Fortnight cloſe ſtopt in a Veſſel, and rectify it by a ſecond Diſtillation. This rectify'd Spirit of Elder cannot be taken alone, therefore muſt be mixed with a proper Vehicle. It is an excellent Antihydropick and Antiſcorbutick Medicine, and works, as an Author obſerves, both by Urine and Sweat. The Spirit of Elder may (of this Sort) be made uſe of to mend *Engliſh* Wines. And ſome have endeavour'd to diſtill a Spirit from Elder-berries ſtrong enough to burn in a Lamp.

To make Family Vinegar.—TAKE Stalks of Raiſins, and pour boiling Water on them; let this ſtand in a Tub, earthen Pot, or otherwiſe open to the Sun, or the Heat of a Fire, for about fifteen Days; then bottle it and it will prove good Vinegar. The Preſſings of Raiſins will anſwer the ſame; but in either Caſe there muſt not be too much Water made uſe of, leſt the Vinegar want a ſufficient Body.——Sugar has been diſtilled, and I was credibly inform'd a Perſon had Liquor from it almoſt as ſour again as common Vinegar.

Vinegar made with rotten Apples.—TAKE rotten Apples that are not mouldy, and ſqueeze them; put their Juice in a Veſſel to ſtand in the Sun or near a Fire; with a Cover to keep the Rain from it, if expoſed abroad.

Gooſberry Vinegar.—Put a Quart of Berries juſt turning ripe into four Quarts of boiling Water, and let them ſtand 14 Days, ſtirring them well every Day. Then ſtrain through a Flannel, and ſet the clear Liquor with one Pound of coarſe Sugar mixed in a painted Iron-bound Caſk in the Sun, with a Piece of Linnen-Rag paſted over the Bung-hole, to keep out Earwigs, *&c.* and a Tile over that, when it will make a great hiſſing Noiſe. Here let it

ſtand

ſtand till the Fermentation is over, and it will thus get a large Head or Scum (which will be in about 3 Weeks, or Time enough to be fit to pickle with the ſame Seaſon) then draw it off clear, and reſerve it in a dry cloſe Veſſel for Uſe. *N. B.* This is extraordinary ſharp, and pickles any thing exceeding well. In this Condition it never mothers, and therefore no Family, who has a Conveniency of making it, ſhould be without it.

Vinegar made with green Apples and Pears.—TAKE green Apples and Pears that fall from Trees by the Wind. When you have got a good Parcel, ſtamp and preſs them, and to every Gallon of the clear Juice add a Pound or a Pound and half of Sugar, and a little Bit of Allum juſt boiled up together; then ſtrain it into a clear Veſſel, and ſet it in the Sun with a Rag and Tile over the Bung-hole, and in about three Weeks or a Month's Time it will be good Vinegar; but be ſure draw it off thoroughly fine.——Or you may put boiling Water over the Stampings, as directed for Gooſberries.

To make Vinegar with Malt Liquor.—TAKE ſome of the beſt Table-beer Wort, little or nothing hop'd; work it very high with Yeaſt; when the Ferment is over, fine it down with Iſinglaſs, and draw it off the Grounds or Settlement. If you have Crabs or ſour Apples, cut them in Pieces and put them into a painted Caſk, and let it ſtand in the Sun or other Heat till perfectly ſour.—— But the following Receit is the more common practical one.

A ſecond Receit to make a good Vinegar with Malt Drink. BREW a Wort from Malt, but do not boil it. Let it be fermented ſeveral Days, then draw it off as fine as you can into a Caſk. Let it ſtand in the Sun, and put into it chopt Crabs, and alſo ſome Rape-ſeed, to improve the Taſte of it. Keep a Tile on the Bung-hole.

Verjuice made by this Author.—IN *September* I have been uſed to ſtamp and preſs out the Juice of Crabs moſtly of my own Growth, which I kept in a Caſk by itſelf in my Cellar. This done, I wetted the Stampings, and after they had ſtood three Days in a Tub I preſſed them again, and got out a Water Verjuice, that ſerved my Family a little while for Vinegar. This done, I dug the Crab Stampings into a Bed of Earth, and from them raiſed many Crab-ſtocks for grafting the beſt Apples on.—— Crab-juice is ſo neceſſary for Abundance of Uſes, both for Man and Beaſt, that none ought to be without it.

Two Buſhels of Crabs generally produce five Gallons of Verjuice. Always keep old Verjuice by you, it keeps back Humours, is a fine Waſh for the Eyes, and ſerviceable in many Shapes for Man and Beaſt.

To make Crab Pies.—KEEP Crabs ſound till *Chriſtmas*, and with Sugar enough they may be made into good Pies. *N. B.* Theſe Crabs bake thus with the reddeſt Colour.

The profitable Uſes of Scald or Black-berries in Farmers and labouring Mens Families.—THE Value of this deſpiſed Fruit is little known to the World, although there be thoſe Virtues contained in it, that if rightly made uſe of would tend very much to a Family's Profit. For Example:

How to make Scald-berry Pies and Paſties to bake.—TAKE ripe Scald-berries and put them into Dough-cruſt, Pie or Paſty Faſhion, about the Breadth of two Hands, with ſome Sugar; bake them at the Oven's Mouth before the Bread goes in, as the common Oven-Cake is done; half an Hour's Time bakes them.

Scald-berry Pies or Paſties to boil.—BY the ſame Way make turn-over Paſties or Pies, and lay them eaſily in a Kettle or Pot, and boil them a little; about half an Hour does it.

Scald-berry Puddings.—WE ſtir them in Batter as we do Plumbs, and boil them in a Bag or Cloth.—Theſe Ways of improving Scald-berries are in ſuch common Practice with many of our *Hertfordſhire* Houſewives, that in ſome Families they are thus prepared during almoſt the Scald-berry Seaſon. For Sauce to ſuch a Pudding, they ſtrew a little Sugar over it when out of the oven, and then it becomes ſo palatable that the Children eſpecially greedily eat it.—There is alſo an excellent Wine may be made of them, that is very little inferior in Taſte and Goodneſs to true Claret, as I ſhall make appear in my deſigned next Treatiſe on Fruit-Trees, Cyder, *&c.*

To make a Gooſberry boiled Pudding. THIS is a pretty Contrivance to ſave much of the Expence of Plumbs, and yet to give a Family a pleaſant Repaſt, by mixing green Gooſberries in Batter, as we do Raiſins for making a Plumb-pudding; when boiled, eat it with Sugar and Butter, or Sugar alone.

Onion Pye made by labouring Mens Wives.—THEY mix chopt Apples and Onions in equal Quantities, and with ſome Sugar put them into Dough-cruſt and bake them:

This

This by ſome is thought to make as good a Pie as Pumkins do. It is a *Hertfordſhire* Contrivance.

Pumkin Pye.—We pare and cut the Pumkins in Slices, then lay the Slices in a glazed eathen Pot with Salt between each Layer of them, all Night, for extracting out their watry Juice: Then chop them with the like Quantity or leſs of Apples, and with Sugar put them into a Cruſt and bake. The Pumkins ſave Apples, and by ſome are liked better than Apples alone.

Diſeaſes and Medicines.

PLEURISY cured with Camomile. — To do this our Country Women, before they bleed, try Camomile, by boiling a Boy's Handful of it in a Pint of middling Ale a little while; then ſtrain, and ſweeten it with half a half-pennyworth of Treacle, and as ſoon as it is drank, go to bed, laying the boiled Camomile to the Side where the Pain is, which if violent, ſome will make uſe of a whole half-pennyworth of Treacle.

Hoarſeneſs cured by Figs and Brandy.—Take three Figs, ſplit them and toaſt them, and then put them into half a Quartern of *French* or old Moloſſes Brandy; eat the Figs going to Bed, and in about eight Minutes after drink up the Brandy.—Or bruiſe four Ounces of Figs, eight Ounces of Prunes, and four large Cloves of Garlick; boil in three Pints of Milk, ſtrain and ſweeten with Candy or Sugar, take ſome hot going to Bed, and continue it for a Cough

Hoarſeneſs cured by Treacle and Water.—Take three or four Knife-points of Treacle in your Mouth, and then directly drink a Draught of cold Water after it, and go immediately to Bed. It will ſweat you, and is by ſome thought to be the beſt of Medicines for this Purpoſe.—Another wraps up a Piece of Butter as big as a Walnut in Sugar.

A Tympany cured. — Mr. *Caſer*, whom I knew, was a famous Surgeon-Apothecary and Man-Midwife at *Stroud* in *Kent*, whoſe Wife having a Tympany, or very large ſwell'd Belly, it failed her Huſband and all the Skill of his Acquaintance to cure her, till happily a Beggar-Woman adviſed her to apply Camomile dipt in Spirits of Wine, which effected a Cure, and ſhe out-lived her Huſband.

Vomitting ſtopt.—BOIL Mint and Camomile in Water, ſweeten the ſtrained Liquor with Treacle and drink it, but apply the Herbs hot to the Belly; it cured my Servant when other Things failed.

Cough and Aſthma.

TO cure a Cough.—MY Landlord, the late Mr. *Colemare*, Rector of *Little-Gaddeſden* aſſured me, that the following Receit is an infallible Cure for a Cough.—Boil two Ounces of *Spaniſh* Liquorice with three Cloves of Garlick, in a Quart of Spring Water, till it comes to a Pint; take a Spoonful of it now and then as the Fit happens. *For an Aſthma.*—A Man was kept many Years alive by drinking (as his common Drink) Rum, Water, and Sugar. Whey is good, and Beer almoſt Poiſon.—One *Daniel Watkins*, of *Long Marſon*, near *Ayleſbury*, declared to me, that he was cured of an Aſthma by ſwallowing young Frogs.

A ſecond Receit.—Mr. Juſtice *Duncomb*, of *Barley-End* in *Bucks*, laid much Streſs on this Remedy for a Cough: Boil, ſays he, Bran in Water, ſtrain, and ſweeten with Sugar-candy.

A third Receit.—A Farmer's Wife uſed to put Pepper into a Pint of Ale, and drink it going into Bed. It has cured in one Night's Time.—Or ſwallow a Pint of cold Spring Water going to Bed; it will cauſe you to ſweat.

A fourth Receit for Cough and Aſthma.—TAKE five or ſix Figs, as many Cloves of Garlick, and eight or ten Prunes ſtoned and bruiſed; infuſe all in a Pint of Rum, and fill up if Occaſion with another Pint, taking now and then ſome of it.—The Landlord at the *Bear-Inn* at *Southampton* told me nothing exceeds it.

Sir Hans Sloan's *Medicine for an Aſthma.*—TAKE the Yolk of an Egg in a Dram of Rum now and then; it is a moſt excellent Remedy.

The famous Cure for a Cough and ſpitting of Blood by Balſam of Sulphur.—DROP ten Drops of Balſam of Sulphur on a Piece of Loaf Sugar and ſwallow it; it will cauſe a Cold to begin breaking directly, make you ſpit, and heal the Lungs. My Farrier, that is the Duke of *Bridgwater*'s Farrier, tells me, that in ———, 1749, he had ſuch a violent Cough, as to bring up much Blood in Clots, which he thinks muſt have terminated in an Ulcer on his Lungs and a Conſumption, had he not been cured; but he cured himſelf by taking twenty Drops of Balſam of Sulphur in a Tea Spoonful of Treacle twice a Day, for

for ſeveral Days, which directly ſtopt his ſpitting of Blood, and cured him; but it was not the ſame with the following Perſon.——*Tho. Cely*, a Servant at *Barley-End*, having a Cough that made him ſpit Blood, was ordered by Dr. *Woodhouſe* of *Berkhamſtead* to take Balſam of Sulphur, but it did not anſwer; upon this he applied himſelf to one Surgeon *Rowland* of *Ayleſbury*, and his Remedy did not do; at laſt there happened to be two Phyſical Profeſſors at *Tring*, who ſaid one to the other, Come we ſhall loſe this good Pot-Companion, if we don't do ſomething better for him. Upon which, they ordered him to boil Raiſins, Figs, Coltsfoot-flowers, Saſſafras, Liquorice-Powder, and one Spoonful of Anniſeed, in three Quarts of Spring-water, till it came to three Pints, and drink it at Diſcretion; *Cely* ſaid, he found much Benefit at the firſt taking of it, and was thoroughly cured by it afterwards.—It was thought the Balſam was too hot for his Conſtitution in the Quantity it was given him.

For a common Cough.—Boil one Ounce of Butter, one Ounce of Honey, and a Sprig of Roſemary, in half a Pint of Milk, and drink going to Bed; but Treacle is thought by ſome to be better than Honey.

Another Receit for a Cough.—Boil a Spoonful of Honey, and a Spoonful of Muſtard, in leſs than half a Pint of White-wine Vinegar; let it but juſt boil up, and when cold enough, take it going to Bed; it has cured when other Things have failed, by giving a breathing Sweat.

Another.—Make a Tea of Horehound and Ground-Ivy. Dr. *Woodhouſe.*

A Smith cured of a conſumptive Cough.—This Smith lived near me, when he told me the following Medicine cured him of a Cough of two Years ſtanding: He put a Handful of Rue and a Sprig of Wormwood into a two Quart large-noſed Glaſs Bottle of Ale, and after they had been ſoaked a Day and Night, he drank half a Pint at a Time, in the Morning and at going to bed; when out, he filled up the Bottle with more Ale, and afterwards he put in freſh Herbs and more Ale, and thus cured himſelf; otherwiſe he thought the Cough would have brought him into a Conſumption.

A Family Syrup to cure Coughs.—Coltsfoot yellow Flowers blow in *March* and *April*, and one of our Country Houſewives makes a Syrup of them to keep all the Year by her, for curing her Family of Coughs.—Or boil a Quarter of a Pound of Raiſins ſtoned, with ſome Horehound,

hound, in a Quart of Ale, and a Quarter of a Pound of Sugar-candy, till a third Part is waſted; take a Coffee-cup full Night and Morning.

A fine Remedy for a Cough or Cold.—PUT twenty-four Cloves of Garlick into a Pint and half of Coltsfoot, Mint, and Hyſop-water; boil the Cloves till they are tender, then lay them on a Plate. This done, take the liquid Part, and add to it half a Pint of the very beſt White-wine Vinegar, and one Pound of Sugar-candy, which boil gently till it comes to a Syrup; when cold, let the Garlick lie in it.—Directions for taking it.—Take two Cloves in a Spoonful of the Syrup every Morning, and faſt till Dinner; at Night only one Spoonful of the Syrup; continue at Diſcretion: It is ſaid, that nothing is better to cure a Cough or Cold, or to preſerve the Lungs, and create an Appetite. Another boils a whole Head of Garlick in two Quarts of Water to a Quart, then puts in a Pound of Sugar-candy, and boils it to a Pint: Take a Tea-ſpoonful frequently.

A poor Family's Remedy for a Cough.—THEY take Brandy thicken'd with Sugar, or (better) Brandy, coarſe Sugar, and ſweet Oil mixt.—A Hooping-Cough has been cured in Children, by putting coarſe Sugar between ſliced Turnips; or Sugar-candy in the Liquor.

Sore Throat.—OUR Country Houſewives mix Honey and Pepper together; or turn a Fig inſide outward, and put powder'd Race-ginger on it; or boil Roſemary and Sugar in Milk.—Or you may make a good Gargle for a Sore Throat, by adding Pepper or powder'd Ginger to the above Cough Medicine, conſiſting of Honey, Muſtard, and Vinegar. This warm'd, ſhould be frequently uſed to gargle the ſore Part of a Throat, and applied now and then with a Liquorice Stick.—Another of my Neighbours drops *Hungary* Water on Loaf-ſugar and ſwallows it.—Eſquire *Williams*, of *Devonſhire*, mixes beſt Brandy with a little Water, and ſwallowing it ſeveral Times a Day cures him.—Another for a Cough or Sore Throat holds a large Pewter-ſpoonful of Honey over ſome Embers, till it is melted thoroughly hot, and takes it very hot going to Bed; this is much practiſed in *Hertfordſhire*.—When the Palate of the Mouth is down, boil Pepper in Milk with Butter and Roſemary; take ſome now and then very hot, and ſtroke under your Jaws at the ſame Time.——Or as ſoon as the Throat begins to be ſore, wrap Pepper in

a Piece of freſh Butter about the Bigneſs of a ſmall Walnut, and when the Butter is cover'd all over with the Pepper, ſwallow it: This has proved a preſent Cure.

Jaundice.

Jaundice cured. — My next Neighbour the Widow *Howard*, who lives on her landed Eſtate, and has more Experience in Medicines than thouſands of others, ſays, old Women cure this Diſtemper better than Doctors.—That ſhe knew a Woman gather a Buſhel of Chickweed for getting and ſaving the Juice of it, purely for having (ſhe thought) the beſt Remedy in the World by her ready to cure the Jaundice at any Time of the Year, I ſuppoſe by making a Syrup of it. In 1747, Mrs. *Howard* had a Niece, naturally of a ruddy Complection, and of a ſound Conſtitution, but the Mother of it having indulged the Girl (almoſt ſix Years old) in drinking Tea every Morning, and ſometimes in the Afternoon, ſhe fell into the Jaundice, but was cured by Mrs. *Howard*, who only gave her a Spoonful of Chickweed-juice faſting, and another Spoonful at four of the Clock in the Afternoon in a little Ale; but it would not be amiſs, if a little Saffron was mixt with the Juice. This was continued till perfectly cured, and ſhe tells me that this has done, when all other Remedies have failed. The Saffron by tincturing the Juice makes it excellent. *N. B.* The Juice of Chickweed has cured ſeveral grown Perſons about *Market-ſtreet* in *Hertfordſhire*.

To cure the Jaundice by Lice.—It has often ſucceeded by giving the Patient nine live Lice every Morning for a Week, in a little Ale. — Or take half a Dram of Cochineal, the ſame of Cream of Tartar; mix them with two Drams of Venetian Soap, which incorporate well together, and take half a Dram three Times a Day, till the Patient is well, which will ſoon be: This Receit is ſaid by Dr. *Fuller* to be a moſt excellent one, refraining from Salt Meats and ſtrong Drink.

To cure the Jaundice in Children by Mr. Boyle's *Receit.*—Mix half an Ounce of powder'd Rhubarb with three Ounces of Currants, and beat the whole into an Electuary; give the Quantity of a Haſel-nut every Morning for ſeveral Days.

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The original Receit for curing the Jaundice in old or young, by the Juice of Chickweed, runs thus.—TAKE Pimpernel and Chickweed, ſtamp and ſtrain them into Poſſet-Ale, and let the Party drink thereof Morning and Evening; but our country Houſewives have found by many Experiments, that the Juice of Chickweed alone never fails curing a yellow Jaundice, if given in Time.—Mr. *Boyle* ſays, a Lady cured herſelf twice by boiling an Egg hard in her Urine, and then pricking Holes all over in it, ſhe buried it in an Ant-hill, and as the Egg waſted, ſo did her Diſtemper.

Black Jaundice.—IT is ſaid, that if ſhell Snails be roaſted and dried at the Fire, or in an Oven, and made into Powder, and a Spoonful thereof drank in Ale at a Time, and ſo taken nine Days together, it perfectly cures the black Jaundice.

Dropſy.

HOW Mr. Axtell, *a Surgeon and Apothecary at* Leighton *in* Bedfordſhire, *preſerved himſelf many Years, while his Legs were ſpotted and ſwell'd with the Dropſy.* —— THIS Perſon I knew to be well ſkill'd in his Profeſſion. He drank no Malt Liquor, but bought old *Jamaica* Rum of Mr. *Ladbury*, a Diſtiller, near *Doctors-Commons* in *London*, for eight Shillings a Gallon. To one Quart of it, he put two Quarts of Water, two Lemons, two Oranges, and four Ounces of double-refined Sugar; the Peels he cut ſmall, and to them and their Juice he pour'd on boiling Water, and ſo let them ſtand cover'd; when cold, he put in the Rum, and when he would drink of it, he warm'd a Coffee-diſh full. This was his conſtant Drink, with another made of Rheniſh-Wine and green Tea, in which he would pour ſome Drops of Spirit of Vitriol.—Theſe Liquors preſerved him many Years from being overcome by his Dropſy, till at laſt he died in 1727. *N. B.* I am well acquainted with a Phyſician in *London*, that undertakes to cure the Dropſy without tapping, where another would tap for it. He did a ſurpriſing Cure of this Kind at *Gaddeſden*, as is well known in the Pariſh.

Dropſy cured by a country Houſewife. —— IN the firſt Place ſhe adviſes to take a Purge or two of Pilla-Cochia. Then take two Beſoms made not with Birch but Broom, and two Handfuls of ſweet Ciſley, by ſome called Maid-ſweet, that grows like a Kecks in wet Meadows; boil theſe in ſix Gallons of the beſt Wort drawn from

five

five or six Bushels of Malt; let it boil an Hour gently, then strain, work it, and barrel it; this must be a common Drink, for every Thing should be avoided that creates Thirst in Meats and Drinks. Both the Receits are excellent, and will undoubtedly answer Expectation, if duly followed.—Or which is better, take five Spoonfuls of Broom Ashes, the Ashes of eight burnt Nutmegs, one Ounce of Mustard Seed, two Ounces of scraped Horse-radish, and some Sage of Virtue: These infuse in a Gallon of White-wine for four or five Days, and drink a Jill in the Morning fasting, and another at Night:—Or infuse or boil them in the Wort.

The Gout.

THIS obstinate Malady is much easier prevented then cured.—Gum Guaiacum is certainly the greatest Remedy known by Man for the Gout; but the several Ways of making a right Use of it, is the main Thing to be known.

The first Way to relieve a Fit of the Gout.—As soon as ever the Fit is come on a Person, let him take a short half Quartern of the following Mixture going to bed, on an empty Stomach. Infuse half an Ounce of Gum Guaiacum Powder in a Pint of good Rum, shake it well, and it is fit to use directly; you may take the Rum and Powder in a Mixture alone, or in a Quarter of a Pint of Ale or Mountain-wine; cover close in Bed and lie till nine next Morning, for it will cause a gentle Sweat, and perhaps a Stool or two. This has discharged the Pain entirely in one Night's Time, and if you think fit you may take it again, leting one Night pass between; but it has been observed of this excellent Medicine, that the oftener you take it, the less Effect it has.

A second Way to relieve a Fit of the Gout.—I knew a Person of my intimate Acquaintance, that as soon as he had taken the Gum Guaiacum Dose, rubbed the gouty Part with some Spirit of Lavender, and when he had done this, he clapt a Rag over the same besmear'd with Treacle, and it answered. —— But as for making use of an Application of Mustard for this Purpose, I am against it, for I knew a Person by this Means draw a Blister on his gouty Foot that cost him five Shillings curing, notwithstanding it was laid on in a Rag, and although it is said the Rag should be twice or thrice doubled to prevent the blistering; yet if any of the Mustard in the Bed should get beside the Rag, it may do Mischief.

How a Higler cured himſelf of a Fit of the Gout.—I am informed that one Mr. *Gould*, a Higler, being ſeized on a Journey with the Gout in his Foot, ſo that he could not walk, ſtopt at *Buſhy* near *Watford*, and poured ſome Spirit of Lavender into his Shoe, and by the Time he rode fourteen Miles to *London*, he was thoroughly cured.

Sweat for the Gout.—I have been informed that a Perſon of Note took of Hartſhorn one Scruple, Powder of Snakeroot the ſame Quantity, Mithridate half a Dram, drinking it in any cordial Water.—It is a violent Sweat, ſuch a one that I ſhould not care to take, unleſs it was at the laſt Extremity.

A Medicine for the Gout put in Practice by a robuſt Tradeſman.—He ſays he mixt Spirit of Saffron, Spirit of Turpentine, and Spirit of Hartſhorn together, half an Ounce of each, and took twenty Drops at a Time in Ale, and found it an excellent Remedy for Gout or Rheumatiſm.

A Preventive for the Gout.—A Gentleman at *Watford* in *Hertfordſhire* put half a Dram of the Powder of Gum Guaiacum into half a Pint of warm Ale, and drank the ſame Doſe faſting eight Mornings ſucceſſively, and forbore ſeven Mornings, then took it again, and ſo on.—This I think to be an excellent Preſervative againſt the Gout; but we have a country Apothecary that takes a Dram and a half of Gum Guaiacum and Alloes each, and makes it into Pills with Balſam of Peru: Doſe half a Dram before Supper.

A Gentleman cured of the Gout for four Years.—As ſoon as the Gout began, he took a Spoonful of Flower of Brimſtone in ſome Spring Water going to bed, with a Glaſs of Mountain Wine after it, and the ſame next Morning, and ſo on till it removed the Fit, which it ſoon did, and he had no Gout for four Years after.—But If I am not miſtaken, he at the ſame time applied on very fine Flannel hot Treacle, ſo that with theſe internal and external Remedies he ſoon overcame his Gout. The Treacle, ſhifted twice a Day, helps to ſweat the Part and extract the gouty Matter.

Outward and inward Applications for the Gout.—Some lay much Streſs on a little Tar mixed with Treacle, and applied on a doubled Cloth hot to the gouty Part.—Others ſay it is better done, if the Tar is mixed with Mutton-dripping, and cry this up for the very beſt of outward Cures; for both theſe draw out the Humour.——

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My Farrier, who has now and then the Gout in a violent Manner, takes a little Spoonful of Flower of Brimſtone mixt with Treacle three Mornings faſting, as the quickeſt inſide Relief of all others; and for an outward Relief he heats a Brick very hot, and applies it in Folds of Cloth as hot as can be endured; it draws much, and holds its Heat a long Time; but if uſed too much, it is apt to leave a Weakneſs in the Part.——A gouty Correſpondent writes to me, that he knew a Perſon wear a Piece of common Allum, cut into the Shape of a middling Oyſterſhell, to weigh a Quarter of a Pound; that this is the ſame Remedy preſcribed or made uſe of by the famous *Jew*, Mr. *Moſes Hart*, as an eaſy preventive one, and ſo cheap, as to coſt but one Penny, and that it muſt be conſtantly wore in a Breeches Pocket.———Another prefers a Piece of Roll Brimſtone for the ſame Purpoſe.——Where the Gout is ſettled, mix Barbadoes liquid Tar with Olive-Oil, and apply it Plaiſter-wiſe.

The Gout ſaid to be relieved by one or more Iſſues.—I HAVE heard it as the Opinion of ſeveral learned Gentlemen, that if a Perſon has an Iſſue in each Leg, or better above the Knee, it will deliver him from having the Gout. But I think this is not infallible, becauſe I knew two Perſons that have had two Iſſues at once on them for this Purpoſe, and yet were not cured. The late Mr. *Meadows*, living near *Hempſtead*, had an Iſſue in one Arm and one Leg, as I have been informed; it is true he had great Relief by it, yet by the Gouty Pains and Rheumatiſm he died in *February*, 1748, at the Age of about forty-ſeven. Another Perſon now alive, a Gentleman's Park-keeper in *Hertfordſhire*, the moſt troubled with the Gout that I ever knew any one of a young Man, found the greateſt Relief by having an Iſſue in each Leg; but not a total Cure.———Another, his Companion, now alive (in *May* 1749) of conſiderable Worth, had a Place lanced on the Joint near his great Toe, where the Surgeon took out chalk Stones that would mark, notwithſtanding he has an Iſſue in one Leg, and is now but about forty Years of Age.

How the Duke of Bridgewater's *Farrier cured himſelf of the Gout in his Stomach.*—HERE I ſhall bring to the Teſt an Action performed on my Farrier by his own Management. He generally keeps Venice-Treacle by him for Horſes Diſtempers, and being ſo much afflicted with the Gout,

Gout, that he had it in his Legs, Feet, Hands, and Shoulder at once (and at laſt it got into his Stomach) finding his Caſe deſperate, he directly had recourſe to Venice-Treacle, and took a Piece of it about the Bigneſs of a ſmall Walnut diſſolved in Ale, going to Bed. And ſure enough, it drove the Gout out of his Stomach, as he aſſured me. And to prevent its Return, he next Day took a large Doſe of Gin to keep his Stomach warm for the Purpoſe, after he had by the Treacle gone through a deep Sweat.

A ſecond Receit to cure the Gout in the Stomach.—A CORRESPONDENT of the *Eſculapian* Tribe writes to me, That to prevent the fatal Effects of the Gout in the Stomach, when it has ſeized this Part, take Elixir Salutis one Ounce, Tincture of Rhubarb made in Wine a Quarter of an Ounce, Tincture of Gum Guaiacum made in Spirit of Sal volatile, Aloes, and Spirit of Lavender, of each half a Dram, *Sydenham*'s Liquid Laudanum fifteen Drops, to be directly taken when the Fit ſeizes.

Doctor Quincy's *(and another's) Ale for the Gout.*—IN his *Diſpenſatory*, page 484, he ſays, Take Guaiacum and Saſſafras each one Ounce, Leaves of Germander and Ground-pine dry'd, each two Ounces; boil in Wort inſtead of Hops, in five or ſix Gallons of it, then ſtrain and work it with Yeaſt as uſual. When it is put in a Barrel, take Roots of Avens, half a Pound; Hermodactyls, four Ounces; Agrimony, Sage, Betony, Dodder of Thyme, Stœchas-flowers, each two Ounces; Raiſins ſtoned, half a Pound; and hang them in the Veſſel.——Or take one Pound of Raiſins; four Ounces of Saſſafras Chips or Shavings; the ſame Quantity of Hartſhorn Shavings; candy'd Eringo-Roots, ſix Ounces; Angelico-Roots, three Ounces; Guaiacum Chips, two Ounces; dry'd Orange-Peel, two Ounces. Hang theſe in five Gallons of ſmall Ale when it is tun'd. Tap at a Fortnight's End, and drink conſtantly of it.

An experienced ſerviceable Account how to manage and relieve the Gout.—EXPERIENCE is the beſt Doctor; a merry Life and ſhort one is too often the wrong Choice of imprudent Perſons, but a ſober Life and a long one is a true Choice; however, as many by the unthinking Folly of Youth unwarily, by drinking, lay the Foundation of a Gout, which they can never be cured of, without ſubmitting to Dr. *Boerhaave*'s Milk-Diet—Therefore drink

half

half a Pint of the Quickſilver-water every Morning throughout the Year, and towards *April* take now and then a Doſe of the preventing Gum Guaiacum Pills, and when you have the Gout rub your Foot with human Urine a little warm'd. This done, rub alſo over the ſame Hogſlard, or rather Adders-tongue neat Ointment, and immediately lay on the Part one or more bruiſed Colewort or Cabbage Leaves a little heated; draw your Stocking over the ſame, and lie in it; this do till the Pain and Swelling are gone. This outward Management I knew an ancient Gentleman, very ſubject to frequent Fits of the Gout, always to make uſe of, to his quick Relief.

An outward Application to relieve the gouty Pain.— A MIXTURE of common Tar with Mutton Dripping, laid on a gouty Foot, has been affirmed to be an excellent Remedy. Others ſay, that to mix *Barbadoes* Tar with Olive Oil, apply'd for the ſame Purpoſe, is better. But by what I underſtand of an outward Application for the Gout, I adviſe to mix this liquid excellent *Barbadoes* Tar with Treacle; a fourth Part Tar, and three Parts common Treacle; and lay it Plaiſterwiſe on the gouty Part, as a moſt excellent Remedy. And withall take this Caution, that you employ no outward Application which may force in the gouty Humour, leſt it drive it back to the Stomach or Head; but only ſuch as thoſe that are Drawers, and not Repellers.

A new Way of relieving the Gout by inward and outward Applications, ſent to this Author, by his ingenious Correſpondent in London.—SIR, agreeable to my Promiſe, I have now ſent you the following Receits: And firſt an internal Remedy againſt the Gout.

As ſoon as you find the Pain attack you, take three fine freſh Rocamboles (which are ſold in *Covent-Garden* for One Shilling and Six-pence per Pound) in a Glaſs of Mountain Wine going to Reſt.———The next Night take ſix, and ſo every Night advance three, till you take fifteen for the laſt Doſe. Then omit for five Nights, and begin the ſame Courſe again, and you may expect the happy Effect.—A Gentleman that was laid up with the Gout in his Feet, ſo that he was forced to uſe Crutches, was able, after he had taken two Doſes (Number 15 each Night) to get on his Boots, and ride from hence to *Oxford* Races.

Another Gentleman takes five Rocamboles in a Glaſs of Mountain at the Tavern, at any Time, and frequently whenever he finds the leaſt Symptoms of the Gout; and likewiſe uſes himſelf to it now and then by Way of Prevention, when he is free from it.

An external Application.——A CERTAIN Apothecary adviſed a Gentleman to apply a large Piece of green Oil-cloth (ſuch as is commonly uſed for Iſſues) over his Foot ſwell'd with the Gout, and wrap Flannel about it, which gave him great Eaſe in about half an Hour, and drew the Part ſo, without fretting the Skin, that the Cloth was almoſt as wet as if a bliſtering Plaiſter had been applied: Then it was dried and put on again, and the Patient was well in about three Days, who before uſed to be confined much longer.——*N. B.* This Apothecary was much afflicted with this Diſtemper, and uſed the ſame Means himſelf.

This laſt was told me as a great Secret, therefore I think it would not be adviſeable to divulge it, but to yourſelf; becauſe could we find it anſwer but in four Caſes in ſix, with the Uſe of ſome Medicine inwardly at the ſame Time, that would not purge ſo violently as the Gum Guaiacum does in ſome Conſtitutions, but as potently promote inſenſible Perſpiration; or even with the Uſe of the Rocamboles as above. But I believe many would object againſt them as being nauſeous and offenſive, tho' they certainly muſt be very good in this Caſe, being hotter than Garlick.—A Rocambole is of the Onion and Garlick Tribe, about the Bigneſs of a large Pill.

Rheumatiſm.

IT is the Notion of many, that the Gout proceeds from a hot Cauſe, and the Rheumatiſm from a cold Cauſe. If the Rheumatiſm is not cured in its Infancy, it is apt to grow very painful and ſtubborn, often times making Cripples of both old and young. The poorer Sort of people are moſtly afflicted with it.

Two Perſons cured of the Rheumatiſm.—THESE had it in their Legs, and were lamed by it; but cured in about a Fortnight by the following Drink: Take a Handful or more of Dwarf-Elder, being what ſome call Dane-Weed; bruiſe and ſteep it in Water, or better in Ale, a Night and a Day, and at the ſame time put in ſome bruiſed Muſtard-Seed. Strain, and drink it at diſcretion.——This

is ſaid to have been ſold for half a Crown a Quart, a long time, by a Profeſſor of Phyſic in *Hertfordſhire*.——Another adviſes to rub the afflicted Part with *Hungary* Water.———Another declares, that the Rheumatiſm may be cured by boiling the Roots of Blackthorn in Water, and drank ſweeten'd. A Farmer by me, though young, was almoſt a Cripple with the Rheumatiſm, but cured ſeveral times by boiling a Handful of Elder-buds, a Handful of Roſemary, and a Handful of Rue all together in Verjuice, and bathing the afflicted Part as hot as poſſible.—Some bind the Greens on after bathing.

What a Perſon ſaid in Praiſe of a Remedy for the Rheumatiſm.—THE late Mr. *Dodgſon*, Miniſter of *Edleſborough* in *Bucks*, told me, that he was informed nothing exceeds Spirit of Hartſhorn for curing the Rheumatiſm, if a Tea Spoonful of it is taken once or twice a Day in White-Wine and Water, for that it thins the Blood and cauſes a free Circulation. Hence it is thought that cold and ſour Juices occaſion this Diſtemper. My Day-Labourer being almoſt dead with the Rheumatiſm and a great Cold in his Stomach, his Wife gave him a Tea Spoonful of this Spirit in Water twice, which ſweated and cured him.

Nettle-Tea good for the Rheumatiſm.—A PERSON ſaid, that Nettle-Tea, drank half a Pint in a Morning faſting, if continued long enough will cure any Rheumatiſm.

Infuſion of Rue cures a Rheumatiſm.—STEEP a ſmall Handful of Rue in a Quart of Rum or Gin, and take half a quartern at Night, and the ſame next Morning, for a Month.

Boar Stones extraordinary good for the Rheumatiſm.—A POOR Man told me, he had try'd ſeveral Things for his Rheumatiſm, but nothing did him ſo much good as the Powder of Boar Stones dry'd in a ſlow Oven, taking as much of the Powder in warm Ale, every Night and Morning, as would lie on a Six-pence; he ſaid, it moved the Cauſe at once, and gave him preſent Eaſe.

A young Man, ſeized with the Rheumatiſm, was relieved by taking Muſtard-Seed in Treacle.—HE was ſo bad in our Neighbourhood, that he wore hat Shoes, and ſaid he took a whole Bottle of *Bateman's* Drops, but it did not cure him, ſo that he was a Cripple. In *May*, 1745, a Beggar Woman bid him mix ſome Muſtard-Seed, and take it with Treacle on the Point of a Knife, Night

and Morning, which did him the moſt Service of any thing, and when he left it off he grew worſe.

Rheumatiſm relieved by an outward Application. — A young Man, after being in a *London* Hoſpital, and diſcharged uncured of the Rheumatiſm, made uſe (as an outward Application) of old Verjuice, in which was diſſolved ſome Allum; this being heated, and froted well in his Joints, proved (it was thought) his chief Cure, with the Help of an internal Medicine.

Rheumatiſm cured by Dwarf-Elder and Buckbean Tea.— A Woman, almoſt ruin'd by the Charge of Doctors, for ſhe was ſo bad of the Rheumatiſm, that ſhe could not help herſelf, was told by a Beggar to make a Tea of Daneweed and Buckbean, and it cured her. Buckbean grows by the River-ſide, and has a Top like a Bean; in *May* gather and dry it in the Shade in a Room, but never in the open Air or Sun, for theſe extract their Virtue. Some have found Buckbean Tea alone the beſt of Medicines for the Rheumatiſm. A young Woman that had been in an Hoſpital was relieved by this Tea.

White-Elder Wine for the Rheumatiſm. — THE late Phyſician of *Hempſtead*, Mr. *Wigg*, adviſed a Woman of Worth to drink White-Elder inſtead of Red-Elder Wine, ſaying the white Sort is much better for a Rheumatiſm than the red.

A young Man cured by the cold Bath of a dangerous Rheumatiſm.—HE was troubled with it a Year together, and was forced to be often carried to Bed. He found ſome Benefit by drinking Milk hot from the Cow, with a little Balm in it every Morning, and at laſt was intirely cured by going into a cold Bath, for he had the Rheumatiſm ſometimes all over him; ſometimes it ſhifted into and ſwelled his Fingers, and once he had it in the hinder Part of his Head, when he thought it would have made him mad.

Rheumatiſm cured by Gum Guaiacum.—THIS is a hot Gum, the Powder of which infuſed in Rum, and the ſame Doſe taken of it as aforeſaid for the Gout, is perhaps the beſt of Remedies for the Rheumatiſm. Clothe well, and eat and drink well.

St. An-

St. Anthony's Fire.

IT generally proceeds from exceſſive Heat in the Blood occaſioned after Surfeits, or by too free a Uſe of ſpiritous or other ſtrong Liquors, and commonly cauſes great Pain in the Part it comes out in. In this Caſe uſe bleeding and purging.

A Widow Woman's Remedy for St. Anthony's Fire.—THIS Woman, living at *Little Gaddeſden*, finds the greateſt Relief to her inflamed Face, that ſometimes has a ſcarlet red-hot Place in her Cheek, even almoſt all over it, by beating in the firſt Place white Lead in a Rag, and after it is thus beaten, ſhe grinds it ſmall between the Bottoms of two pewter Plates, then mixes it with ſweet Oil, and lays a Plaiſter of it over the Part: And for an internal Remedy, ſhe makes a Tea of Sena Leaves, which proves a cool Purge, and thus overcomes the St. Anthony's Fire.

A ſecond Remedy for the St. Anthony's Fire.—ANOTHER Woman uſed to drink without Sugar a Tea made with Elderberries and Dandelion, and ſometimes infuſed theſe in a ſmall Malt-wort for her common Drink.

Adders-tongue Ointment good for St. Anthony's Fire.—IN the Month of *May* gather Adders-tongue, that grows in its Top-part like an Adder's Tongue in Meadows; bruiſe the Herb, and ſqueeze out as much Juice as will anſwer one Pound of unſalted Butter; boil both a Quarter of an Hour, and let ſtand in a Pan to cool; when cold, take away the liquid Part, and reſerve only the fat Part for an Ointment for the St. Anthony's Fire, or any Inflammation in Man or Beaſt.—See the Receit at large in my *Shepherd's ſure Guide* (at Page 111,) ſold at the *Roſe*, in *Pater-noſter-row*, *London*.

If you can't get Adders-tongue, make uſe of the green Leaves of Elder in the room of it, and if you add a Dram of fine powder'd Camphire in its making, it will improve the Poultice. — Some ſay Cow Dung applied is good to eaſe the Pain of St. Anthony's Fire.—— I knew a Woman my Neighbour take two or three Spoonfuls of the Juice of Elder Leaves, for the St. Anthony's Fire in her Face; it is ſomewhat nauſeous in Taſte, and purging.

Of the Imperfectneſs of a Receit.——The Imperfectneſs of a Receit has occaſioned many Miſtakes in the Compoſition; to go no farther than that I have juſt mentioned of making Adders-tongue Ointment, I have to ſay, that by only boiling the Juice of the Herb with Butter, and when cold, to put it all together into the Pot it is to be kept all the Year in, is wrong; becauſe then the Juice will ſeparate from the Butter, and in this Condition breed a rank Mouldineſs: Therefore, when the Herb Juice is boiled up with the Butter, our Houſewife puts all into a broad Pan, and when cold, the watry Part ſhe leaves behind, and juſt melts down the fat Part in the earthen glazed Pot it is to be kept all the Year in, and then it will keep ſound a Year or two.

Of the Itch, Leproſy, and Scald-Head.

HOW to prevent catching the Itch by making a Bed.—Innkeepers, Farmers, and Travellers are more expoſed to this cruel Malady than all others: At a certain great Market-Town in *Bedfordſhire*, where many of the *Northern* Paſſengers uſed to lie, the Maid-ſervants, whenever they ſuſpected any had lain in a Bed that had the Itch, would always in the firſt Place lay the Sheets open upon the ſpread, for an Hour, to air and cool, before they made the Bed for good; by this Means they feared no Infection, for it is the warm Linen, not the Woollen that does it.

How a Horſekeeper and a Servant-maid gave the Itch to ſeveral Families in Hertfordſhire.—It is an ill Cuſtom in this County to hire Servants without a Character, a Thing chiefly owing to their being hired at Statutes at all Hazards; ſo that if he or ſhe gets a new Service two or three Miles Diſtance from the laſt, they are commonly ſafe from having their Faults known. A Horſekeeper, between a Man and a Boy, by this Means gave four ſeveral Farmers Families the Itch in a little Time. At *Gaddeſden* he lived about a Month before he was found out, then diſcharged and went to another, and ſo on, till he thus mightily ſpread this horrid Diſeaſe in *Hertfordſhire*, becauſe they neither inquired his Character, nor ſearch'd his Body; if they had done the laſt, they had found his Legs grievouſly ſcabbed, for he kept the

the Itch out of his Hands by now and then anointing them. The Servant-maid was one that thus brought the Itch into my Family, for ſhe was in as bad a Pickle as the Boy, having her Arms and Hands clear, but her Legs ſadly ſcabbed.

A Perſon like to have been killed by a Mercurial Ointment for the Itch, &c.—A Man, living near me, uſed to make an Ointment of Quickſilver and Hogſlard, by beating and mixing them with Spittle three Hours together. Many Pots of this were ſold at Markets for curing the Itch, Scald-Head, and Kibe-Heels; but one Perſon, applying the Ointment Plaiſter-wiſe, had like to have been killed, had he not been timely anointed with ſweet Oil.—A young Woman Servant, having been ſupplied with a Pot of Mercurial bluiſh-colour'd Ointment from a famous Country Surgeon and Apothecary, applied it till ſhe was raw about her Waſte; at laſt the Surgeon ordered her to put ſome (I ſuppoſe Medicinal) Paper over all, which relieved, but did not cure, till ſhe got a Remedy from a Perſon that did not profeſs Surgery.

The Itch cured by Advice of an Exciſeman, who alſo acted as a Surgeon at Ivinghoe.—He bid a poor Woman of the ſame Pariſh mix common Soap and Flower of Brimſtone together, and after taking Flower of Brimſtone in ſome Treacle three Mornings before-hand, to anoint only twice with the Ointment (that is to ſay, after the firſt Time, a Week after) wearing the ſame Linen all the Time, and it cured.

A ſtrong Ointment for the Itch. — Another Perſon, to make the ſame Remedy ſtronger and ſurer, added black Pepper and Hogſlard to the Soap and Sulphur, and boiled all into an Ointment, with which, after taking Brimſtone in ſome Treacle three Mornings, he anointed himſelf by a Fire-ſide three Nights together, and was cured.

A very ſtrong Ointment for the Itch.—Beat ſtone Brimſtone, then mix it with Soap, Hogſlard, Tobacco, and Pepper, boil and ſtrain all through a Cloth, after taking Sulphur inwardly; anoint with this three Nights.

How a Smith in Hertfordſhire *cured his Family of the Itch, without Mercury or Sulphur.*—This Man's Family was dreadfully infected with the Itch, brought to him by a Journeyman, but cured by firſt taking Flower of Brimſtone inwardly three times, and then anointing twice with a Liquor made thus: He boiled two Ounces of

Tobacco in three Pints of ſtrong Beer, till a third Part was conſumed, with a Piece of Allum in the ſame; and others have ſince been cured by the ſame Remedy, wearing the ſame Linen for a Week. — This Remedy I am ſure is a very good one, and as it has no Mixture of Mercury is not dangerous, nor offenſive, as it is free of the Smell of Brimſtone.

Itch cured by white Hellebore-root.—A Beggar Woman told a Family that had the Itch near me, that it had coſt another Family ten Pounds to be cured of the Itch, and it was not done, till ſhe told them to buy two Ounces of white Hellebore-root Powder at the Apothecary's, and boil it in a Quart of Milk mixt with Water to a Pint, with ſome Hogſlard. This Ointment, after taking Sulphur in Treacle three Times, was made uſe of a few Nights, and cured them all, for it is a very ſtrong Powder, and will make the Body ſmart, as if ſtung with Nettles.

Itch ſaid to be cured in a certain Workhouſe.—THEY boil an Ounce of Camphire, an Ounce of Long Pepper, and a little Hogſlard in Water, and anoint.

A moſt potent Remedy for curing the Itch. TAKE Tobacco Stalks, Allum, Hogſlard, and powder'd Salt-petre, the three firſt muſt be put into a full Quart of ſtrong Beer, and when it is warm, the Salt-petre muſt be put into it by Degrees, for if it is put in cold, it will lump; the whole muſt be boiled well into an Ointment.—If Sulphur in Treacle is firſt taken, I think no Itch can reſiſt the Remedy; but for a more cleanly one, the following is made uſe of by ſome.

Author's Plowman cured by Dr. Dover's *Mercurial Water.*—MY Plowman, wanting a Plowboy to drive my Plow-Team, took one that had the Itch in his Legs, which being unperceived, he let the Boy lie with him, who gave him the Itch heartily, and the Fellow deſiring to be cured by a cleanly Medicine, I made uſe of Dr. *Dover*'s, thus—Take one Dram of white ſublimate Mercury in Powder, and mix it with half an Ounce of Cream of Tartar; theſe infuſe in a Quart of Spring Water, then take Sulphur in Treacle on the Point of a Knife three times, and waſh the Body before the Fire with this Water three Nights together, change your Linen, and the Doctor ſays it is a ſure Cure, and a ſafe one.—If you don't waſh before a Fire, the Cure will be the longer,

longer, for then the Waſh muſt be continued longer.—It is ſaid, that many Perſons about *London* get a tolerable Livelihood by this Water. — But although I have here publiſhed a mercurial Water, yet I am entirely againſt all other mercurial Medicines, both in Ointments and in a Quickſilver Girdle, becauſe of the many Damages that have happened by their Uſes.

A Leproſy cured by the Herb Fumitory.—FUMITORY grows with a red Flower in *May* and *June* amongſt Wheat, and about *Michaelmas* in our Turnep Fields. A Yeoman's Wife, living at *Ringſell*, a Village lying about a Mile diſtant from *Gaddeſden*, having a Leproſy, made uſe of a capital Surgeon and Apothecary's Diet-drink for three Months together, but in vain; till ſhe was adviſed to infuſe the Herb Fumitory in Whey, and by drinking the ſame for ſome Weeks ſhe was cured of her Leproſy.

A ſure Cure for the Itch without Sulphur or Mercury, by which a poor Man cured his own Family and others.—TAKE a Root of Elecampane; in ſome Grounds, as in an Orchard, I have known it grow almoſt as big as a Parſnip; cut three Slices of this Root ſhort ways, and make a Tea of it, which drink three Mornings and Nights, then take the reſt of the Root, and boil it in Water till it is ſoft like a Turnep; boil the thinneſt Part of this again with Hogſlard and Soap, anoint the Body every Night for three Nights together, and it is a ſure Cure. My Day-labourer ſays he has cured ſeveral others with the ſame.

A Scald-Head cured by a Beggar Woman.—THIS happened to my Wheelwright's Son, who having a Scald-Head, at about twelve Years of Age, his Parents applied for a Cure to the late Phyſician Mr. *Wigg* of *Hempſtead*, who told them, there was no Cure but by a Pitch Plaiſter. Quickly after this, a Beggar Woman hearing of it, bid them roaſt a Shoulder of Mutton, and let it drip on Tar, and when mixed, to rub it all over the Head well. This they did twice, and it proved a Cure, not only to the Son, but to another in *Albury* Pariſh near *Gaddeſden*; but it is ſaid, if the Shoulder of Mutton was baſted with Tar, it would be rather more efficacious.

The Traveller's Remedy for curing the Itch.—As moſt of the begging Travellers have now and then the Itch, they that know the following Medicine ſay nothing exceeds it.—

it.—After taking as much Flower of Brimſtone as will lie on half a Crown, in a Spoonful of Treacle, three Mornings faſting, they boil Salt and Tobacco in Urine, and rub their Bodies over with the ſame three times in all, and wear the ſame Shirt a Week, two, or more.

To cure Wounds, Swellings, and Burns, and how to make Ointments and Salves.

A Quick Cure for a green Wound.—FIRST with a Feather apply Tincture of Myrrh, for this is one chief Means to prevent a Gangreen. — Or do it with Brandy or Spirit of Wine.—Or waſh the Wound firſt with warm Milk; then beat the Yolk of an Egg into two Ounces of Venice Turpentine, and apply a Lint dipt in it, or otherwiſe. If dangerous, dreſs twice a Day; it is a ſtrong Digeſtive, and ſo efficacious, that if a Bone is crackt, it will heal it, being a Remedy much in uſe with Surgeons at this Time, tho' the Receit of it has been in Print near a hundred Years ago.

To heal a green Wound with Copper Oar.—WASH the Wound as aforeſaid, then infuſe ſome Copper Oar as it comes out of the Mine in a Quart of Spring Water. It cures all green Wounds, and ſkins beyond all other Things; as a Gentleman at *Glaſſenbury* in *Somerſetſhire* aſſured me, who was concerned in a Copper Mine in *Devonſhire*.

To cure a Wound with Leaves. — APPLY the rough Part of the Leaf Bearbind to a green Wound or runing Sore. It has cured when a Surgeon's Skill failed.

A Swelling in a Man's Leg attended with great Pain cured.—My Neighbour had a Swelling in his Leg attended with great Pain, if he walked but a little Way; a Stranger, being in his Company, bid him mix the Marrow of a Bacon-bone with Spirits of Wine, and rub it well in. This he did two or three times, and was quickly cured.

A ready cheap Way to cure a green Wound.—MIX Water and Salt with Soap, beat up all into a Lather, ſoak the Cut in it, and apply the Settlement to the Part, which renew at Diſcretion.

A Doctreſs's Cure for a green Wound. ——— SHE always for the firſt Dreſſing uſes Tincture of Myrrh, becauſe

becauſe ſhe ſays it prevents Soreneſs and feſtering; as ſoon as ſhe has beſmeared the Wound with this, ſhe applies a Plaiſter of black Baſilicon; at the ſecond Dreſſing, ſhe waſhes with Spirit of Wine, and renews her Baſilicon Plaiſter. Dr. *Quincey* ſays (at Page 303 of his *Diſpenſatory)* that this Tincture of Myrrh is in great Eſteem amongſt Surgeons for cleanſing Ulcers, and for exfoliating carious Bones.

A good Houſewife's Salve for curing Wounds.—TAKE Mutton Suet, Bees-wax, Frankincenſe, Reſin, and Venice Turpentine, each four Ounces; ſome Linſeed and Train Oils. Melt all theſe over a Fire, and ſtir in powder'd Camphire and Roman Vitriol, a Dram of each; when cold, roll it up in oiled Paper for Uſe. — If a Wound is deep, firſt waſh it as aforeſaid, then melt ſome of the Salve, and dip a Tent in it; if ſhallow, ſpread a little of it on Lint, and apply it with a Plaiſter of the ſame Salve over it; or if the Wound is ſlight, a Plaiſter alone may do.

A ready, cheap, good Balſam for curing green Wounds.—MIX over a gentle Fire Venice Turpentine with Oil of the Herb St. John's-Wort, of each a like Quantity; when they are well incorporated, put them into a glazed Gallipot for Uſe.—This Herb has many excellent Qualities in it for curing Wounds or Bruiſes, it diſſolves Swellings, and ſtrengthens feeble Members, *&c. &c.* And ſuch a Liquid is ſometimes more proper than Salve, where Veins, Nerves, or Tendons are cut, and which alſo for the ſame Purpoſe makes a Mixture to be preferred to all other Applications, that is compoſed of a little Spirit of Wine, a little Camphire, and more Oil of Turpentine, laid on the Wound warm; and afterwards a Plaiſter muſt be laid on the ſame.—But the following Balſam is ſaid to exceed all others whatſoever, and which has never failed my Expectation in curing many Wounds in my Family.

The moſt excellent of all Balſams, Salves, or Ointments, for curing Wounds, Bruiſes, Strains, Burns, Bleeding, &c. &c. ——— IT is a balſamick Tincture, that not only cures all Bruiſes, Strains, Burns, Scalds, and common green Wounds, but alſo (which with Difficulty will be believed) ſtops the moſt obſtinate Bleeding at the Noſe, and any Arteries wounded or cut quite in two, although the largeſt Branches of the Body, without any Ligature. If the Brain is wounded quite thro', either Length-ways or Breadth-

Breadthways, or the Eye pierced in the very Pupil or Sight; and if the chief Tendons are wounded, or cut quite aſunder, the Wound will not inflame, be ſore, or run Matter, or require digeſting, deterging, incarning, or cicatrizing, as the common Method is, which takes much Time to do; but this Medicine ſo agglutinates the Parts, and defends them from Corruption, that ſometimes in one or elſe in a few Days, according as the Caſe is, it effects a Cure. It is a Balſam that may be taken inwardly, being as harmleſs as the Food we eat; it gives almoſt immediate Eaſe in Fits of the Gout, being applied with ſoft Rags to the inflamed Part, and in the Stone does the ſame as Mrs. *Stephens*'s Medicines, but in a more compendious Manner, as has been fully proved to be true before many Apothecaries, Surgeons, and Phyſicians, in and about *London*.

This Balſam is made by my Friend, a moſt ingenious Chymiſt, from whom I have it in Bottles ſealed up, Price One Shilling each; a Remedy of ſuch Importance, that no Family ought to be without it, becauſe it may not only ſave great Expences, but even Life itſelf; for as we are all liable to Accidents, a Perſon may receive a mortal Damage, or bleed to Death, before a Surgeon can be had. I therefore have juſt Reaſon to obſerve, that a Farmer eſpecially ought never to be without this Balſam; becauſe in the Uſe of Scythes, Chaff-engine Knives, reaping and other cutting Hooks and Sickles, Hedge-bills, and Axes, *&c. &c.* Men are more than ordinarily liable to cut and bruiſe themſelves, and alſo to be hurt by the Kicks of Horſes, Falls from Carts, Waggons, Cocks and Mows of Corn and Hay, Trees, *&c. &c.* Which moſt excellent Liquid Balſam I furniſh any Perſon with, in Bottles ſealed up, at one Shilling each, with printed Directions for its Uſes.

A Poultice to diſperſe a Swelling.—STAMP the inner Rind of Elder and boil it in Chamberlye, of which make a Poultice and apply it. This is not to break but diſperſe and reduce a Swelling.

A Brine Ointment to reduce Swellings.—IN Beef Brine, boil the green Bark of Elder, ſome Nettles, Wormwood, and Rue; ſtrain, and boil up the liquid Part with Lard.

To make a cooling Elder Ointment.—PUT the Flowers of Elder into a Pitcher, and ſtop the Mouth of it; then

ſet

ſet it in a Pot or Kettle of Water, and boil it two or three Hours, and as the Flowers ſink, add more. Some put in Maſhmallows of the Garden, not wild Mallows; then ſeparate the Juice, and boil it up with Hogſlard or unſalted Butter for Uſe. It is a great Cooler, Aſſwager of Pain, and Diſperſer of Humours.

A Turnep Poultice to reduce a Swelling.—ROAST a Turnep in the Embers, and when enough, take out the Pulp and leave the Shell; with this Pulp mix Hogſlard, and apply it while hot to a Swelling; it will either break or diſperſe, if repeated.

A Woman's ſore Breaſt cured by herſelf.—THERE being a fiery red Inflammation ſettled in it, ſhe firſt anointed with Elderflower Ointment, and then applied roaſted Cabbage Leaves (the firſt aſſwaged the Pain, and the laſt drew out the feveriſh inflamed Quality) and by due Applications was cured.

A Country Houſewife cured her Neighbour of a ſore Breaſt.—SHE reduced a ſwell'd Breaſt, by anointing it with Tobacco Ointment; and no wonder, ſince it is generally allow'd to be a great Diſcuſſer of ſcrophulous Tumours. A Woman had three Holes in her Breaſt, for which ſhe boiled the inner Rind of Elder ſtampt, white Bread, and Hogſlard, in Milk; this is healing, cooling, and a little drawing.—Adders-tongue is alſo good for this.

To keep back a Humour from falling into a Wound.—BOIL a Piece of Allum about the Bigneſs of a Walnut in ſomewhat more than half a Pint of Milk, ſeparate the Curd from the Whey, and dip a linen Rag in this ſtrained Whey, and bind it above the Wound, but let none of it touch the Wound. It will keep a Humour back.

To prevent and cure proud Fleſh.—POWDER of Precipitate is a good mercurial Powder for this Purpoſe; but if not underſtood, it is next to the putting a Sword in a mad Man's Hand. Therefore rather make uſe of a Wound Water, by boiling a Pound of powder'd Allum, in three Pints of Spring Water, till it comes to a Quart, then put in one Ounce of Roman Vitriol —— Or with Powder of burnt Allum—Or with powder'd double refined Sugar.

Burns and Scalds cured by a Country Houſewife. —— THIS Woman's Way is—Break the Bliſters, becauſe they contain a hot fiery Water in them, and clip the Skin off

if

if you can; then burn freſh Butter in a broad Stew-pan, and pour it into a large Baſon of Water, and work it well therein, for from a blackiſh Brown it will become whitiſh. Spread it on Rags, and lay them on the Wound; it is an excellent Way of curing a Burn or Scald, by fetching out the Fire and healing the Wound.

Burns and Scalds cured by another Country Houſewife.—AFTER ſhe has clipt away the bliſtery Skin, ſhe waſhes the Wound with a Mixture of Vinegar and Water; then ſhe ſtamps ſome Onions and Salt together, which ſhe applies as a Poultice for a Night and a Day, then lays over it a Plaiſter of burnt Salve, after the Onions and Salt have drawn out the Fire. And if proud Fleſh ariſe, ſhe puts Powder of burnt Allum.

To cure Burns or Scalds by a third Country Houſewife.—THIS Woman mixes Linſeed Oil with bruiſed Onions, and (by ſhifting it now and then) ſays it is the beſt of Things to draw out the Fire.——Or to fetch Fire out, you may beat up powder'd Allum with Whites of Eggs, and apply it.

An excellent Ointment for curing Burns, Scalds, &c.—TAKE Elder Leaves, St. John's-Wort, Garden Mallows, Ivy Leaves, and Adders-tongue, of each two Handfuls. Theſe are in their Perfection in the Month of *May*. The Wort and Tongue grows in Meadows. If you can't get all, make uſe of ſome, and take Houſleek in the room. Stamp and ſqueeze out their Juice, and boil it up with a Pound or more of Butter freſh out of the Churn, that has no Salt in it, for a Quarter of an Hour; then pour all into a glazed broad earthen Pan; when cold, take off only the hard buttery Part, and leave the liquid Part behind, to be thrown away. Next, you are to put this butter Part into a glazed earthen Pot, and ſet it juſt within the Heat of the Fire, enough only to melt it into a cloſe Body; then keep it well cover'd for Uſe.—This Ointment is a moſt excellent Sort for diſperſing Humours, and allaying Swellings in Man or Beaſt, healing green Wounds, St. Anthony's Fire, Burns, Scalds, hot Tumours, ſpreading Sores, Impoſtumes, and Ruptures.

An excellent Salve for Burns or Scalds.—YOU may make the above Ointment into an excellent Salve for dreſſing Burns and Scalds, Wounds made by the Bite of venomous Beaſts, green Wounds, diſperſing of Humours, and allaying of Swellings, *&c.*—Take what Quantity you

pleaſe

pleaſe of the above Ointment, ſuppoſing it to be about half a Pound, to which put a large Spoonful of Venice Turpentine, one Ounce of Bees-wax, and as much white powder'd Lead as will lie on half a Crown. Juſt boil theſe up, and keep it as a Salve in particular for dreſſing a Wound made by burning or ſcalding, *&c.* to be ſpread on a Rag, and applied now and then till it is cured.—The Herb Adders-tongue I have growing in my Meadows, and make an Ointment of it every Year for reducing the ſwell'd Bags of my Cows, and for Diſeaſes in the human Body as aforeſaid.

To break a Swelling by a Country Houſewife.—She wraps Sorrel in a wet Paper, and covers it with Embers; and thus it will be reduced to a pappy Conſiſtence; ſhe ſays, nothing breaks a Swelling ſooner nor better. But another Country Houſewife does it rather better, by laying the Sorrel between two Tiles, which ſhe covers with Embers.

A ſwelled Leg cured.—A young Woman, about nineteen Years of Age, in her Lying-in Month, in *September* 1748, had her left Leg ſwell'd to a great Degree, inſomuch that ſhe could not walk croſs a Room without Help. Some Perſons in the Neighbourhood bid her boil ſome Roſemary, Rue, and Elder-leaves in old Verjuice, and bathe her Leg with the ſtrained Liquor, as hot as ſhe could endure it. This ſhe did ſeveral times, and it cured her.

To ſtop Bleeding inwardly and outwardly.

A Woman cured of ſpitting of Blood.—This was a poor Widow and a Chair-woman living near me, who applying herſelf to a Phyſician, he out of Charity bid her ſtamp the Leaves of Plantane and Nettles together, and take a Tea-cup of their Juice three Mornings; which ſhe did, and was cured. The ſame Juice, he ſaid, will ſtop bleeding at the Noſe if ſnupt up, and alſo that of Cuts. In the Month of *May*, the Juice may be boiled up with Sugar for a Reſerve.—Or bruiſe common Nettles, and thruſt it into the bleeding Noſtril.

How a Girl's Arm was ſtopt bleeding by a Surgeon's Advice.—A Girl in *Gaddeſden* Pariſh, having had a Nail run into her Arm, neither her Parents nor Neighbours could ſtop its bleeding. Upon which, the Girl cried mightily as ſhe ſtood at the Door of her Mother's Houſe, when a *Hemp-*

a *Hempſtead* Surgeon, coming accidentally by, ſaid, What ails you my Girl? She told him. Take, ſays he, ſome Hogs-Dung and lay to it; and it was done accordingly, to the entire ſtopping of it: For this Dung is ſaid to abound with a very pungent and nitrous Salt.

A Labourer's Finger ſtopt bleeding by Tobacco.—ONE of our Day-labourers, that was plaſhing a Hedge, happened to cut his Finger with a Bill, and was at a loſs how to ſtop its bleeding, till another Labourer, working with him, took a Chew of Tobacco out of his Mouth, and by applying thereof ſtopt the bleeding at once.

Bleeding at the Noſe ſtopt by a Woman.—A MAN bled ſo at the Noſe by a ſmall Blow given him, that none of the Surgeons could ſtop it: A Woman coming by, ſhe deſired Leave for an Application, which was, it is thought, Oil of Vitriol (ſomewhat weakened) rubbed on the Forehead of the Man; which, by no more than once uſing, made his Skin peel, but ſtopt the Bleeding.

Bleeding at the Noſe ſtopt by Frogs.—A young Man, the Son of a Yeoman living near *Gaddeſden*, bled ſo violently at the Noſe, that all Applications proved in vain, till Frogs were made uſe of; and then, by their being bound to his Neck, their cold Nature intirely ſtopt it.

Bleeding ſtopt by Vinegar.—IT is a good old Remedy to ſtop bleeding by waſhing, or better by ſoaking the Teſticles in the ſharpeſt Vinegar.—Or if a Cloth is dipt in it, and applied to the Nape of the Neck—Or againſt the Heart, but then it muſt be new dipt, as ſoon as it is warm.—Or if Allum and Salt-petre are diſſolved in Vinegar, and applied by a Rag dipt in it to the Breaſt, or by a Tent to the bleeding Noſtril, and renewed now and then.—Clay mixt up with Vinegar, and applied to the Teſticles, ſtops Bleeding.

Of making an Iſſue, and of ſeveral Caſes relating to the ſame.

THE Caſe of a Woman that loſt her Life, partly by having an Iſſue made with Spaniſh *Flies.*—THIS Woman, about forty Years of Age, having a Humour fell into her Thigh or Leg, employed a Sort of Country Doctreſs to make her an Iſſue for curing the ſame; but it happened quite otherwiſe: For by her Application to make

make the Iſſue with Spaniſh Flies, the Part became inflamed, and the Humours much increaſed; ſo that a Surgeon was ſent for, who lanced the Part, and applied Remedies; but in vain, for a Mortification enſued. To cure which, it is ſaid he uſed little elſe than camphorated Spirit of Wine, and Oil of Turpentine; at laſt, after ſeveral times cutting away the Fleſh, till her Thigh Bone was near bare, he dreſs'd the Wounds with Lye as hot as poſſible, but ſhe died in 1740, and her Huſband was arreſted for and paid ten Pounds to the Surgeon.

How an Iſſue preſently after cutting became inflamed, but cured by Vine-Leaves.—A Man having had an Iſſue cut at *London*, after he had been at home in *Hertfordſhire* a Day, the Part became much inflamed and very ſore. The Iſſue was made by the Surgeon's forcing the Point of a Lancet into the Inſide of his Leg a little below the Knee, and then he put in a Pea, with a Plaiſter of Baſilicon over it; notwithſtanding which, it was thought the Inflammation would have brought on a Mortification, had not a Farmer's Wife adviſed to lay on the Iſſue a Parcel of Vine-Leaves thick, one upon another, which cooled the Part, brought on a fine Digeſtion, and made a Cure. The ſame Perſon, ſome time after deſiring to be rid of his Iſſue, dried it up, but was quickly obliged to have another cut, becauſe for want of it he could not walk. The ſecond cutting was much better performed than the firſt, for in making this, the Country Surgeon gathered up a little Skin, and cut it quite off, ſo that there was a round Pea-hole at once, that ſucceeded much better than making an Inciſion with a Lancet.—In caſe Vine-Leaves can't be had, Cabbage-Leaves may ſupply them; for this, as well as the other, is a Cooler and Drawer.

Of Plaiſters and Peas, &c. for Iſſues.—THERE are fine ſticking Plaiſters ſold for promoting the Diſcharge of Iſſues in the Neck, Leg, Arm, and Back; but the good old common Iſſue Plaiſter is made of Oil-Cloth.—There are alſo ſold ſeveral Sorts of medicated Peas, ſome greeniſh, and ſome blackiſh, for making an Iſſue run the better. Many of our Country People prefer Carrot cut into Pea Shape, but I have the following Direction on this Account given me by a Surgeon—After you have taken off (ſays he) any fungous or proud Fleſh, if any there be, with the mercurial Ointment I preſcribed

you, get a large Piece of Florentine Arrach-root, ſoak it in Water till it is a little ſoft, then cut it out in ſmall Bits, which lay in the Sun upon Paper to dry; then cut them roundiſh with a Penknife, and conſtantly uſe theſe inſtead of the common Peas, a freſh one every Day, and your green Oil-Cloth over it, and you'll find the Iſſue will diſcharge better.—But no mercurial Ointment for me, the blue Vitriol Stone rub'd over any proud Iſſue Fleſh will take it off ſafely.

To make an Iſſue or a Seaton run.—Mix thick Venice Turpentine with the Yolk of an Egg, and anoint the ſilk Rowel for a Seaton.—For an Iſſue, one of my Labourers gets two or three Roots at a Time (by Way of Store) from a mooriſh Ground of the broad Flags, and dries them, about the Bigneſs of a Man's Thumb; when the Iſſue in his Leg will not run, he cuts a Bit like a Pea, and in a Day, or a Day and a Night's Time, it will cauſe it to run, when he takes it out and puts in a Pea; the Root will tingle the Fleſh, and is apt to inflame it.

Sprains and Bruiſes.

To cure a ſprained Wriſt in Harveſt.—It is common for Men to ſprain their Wriſts the firſt or ſecond Day, by reaping, in Harveſt, before they are much uſed to it; ſome dip a red Cloth in Verjuice, and wrap it going to bed about the Wriſt.

A ſecond Receit for the ſame.—A Man was cured in one Night's Time, by wetting a Rag with Tincture of Amber, and binding it on the Wriſt.

A third.—Dip a Flannel in ſome warm Brine.—Or in Want thereof in Urine mixt with Salt.—Or Urine alone.

A fourth.—Apply camphorated Spirit of Wine on a Rag.

A fifth, or for a Bruiſe.—Boil Soap and Vinegar in ſtrong Beer Grounds, dip a Cloth and apply it.—Or boil Bran in Vinegar, and apply as a Poultice.

A ſixth.—Stamp a Burdock-leaf, and bind it on the Wriſt; by Morning it has cured.—Or mix the White of an Egg with Oil of Turpentine and Vinegar, and apply on a Rag.

Inward

Inward Bruiſe.—THE common Remedy is to bleed and take two Drams of powder'd *Iriſh* Slate in half a Pint of Spruce Beer, now and then repeating the ſame.

A Woman bruiſed and cured.—HAVING by a Fall been much hurted, ſhe bruiſed Parſley, and beat it up with freſh Butter; ſo mixt, ſhe applied it, and it fetch'd the bruiſed Quality out of the Fleſh; then ſhe applied Adders-tongue Ointment, which reduced and cured the Swelling.

Sprain.—BEAT Venice-Turpentine and Brandy together, and rub it in three times in three Days before a hot Fire-ſhovel.——Or, if red Cloth ſoaked in Brine and applied will not do, clap after it a Plaiſter of *Paracelſus*.

Bruiſe.—A SURGEON directed a Man at *Ayleſbury*, if he was bruiſed, to drink cold Water immediately, for it will cauſe the Blood to circulate and prevent Stagnation.

A Man almoſt bruiſed to Death cured.—MY Collar-maker was thought dead, by a Fall from a Horſe, but by bleeding him, and giving him half a Pint of ſalt Water he was cured. The ſame at Sea; they give ſalt Water for a Bruiſe, becauſe it makes the Blood circulate preſently, and therein lies the Cure. He ſays, he takes the ſame two or three times a Year in his beſt Health.—Some ſay, to ſcald Urine, and put it on Bran, if applied preſently, as hot as poſſible, will hinder a Swelling and cure the Bruiſe. Renew if there be Occaſion.

Conſumption and Inflammation of the Lungs.

A Perſon, given over by two Phyſicians, cured of a Conſumption.—MR. *Hume*, who was then Servant to the Earl of ———, aſſured me, he was cured of a Conſumption (being far gone, and given over by Sir *Hans Sloane* and Dr. *Stewart*, and directed by them to be ſent home to his native Air, as the beſt thing they could adviſe) by paring ſome freſh-gathered Turnips, cutting them in thin Slices, and ſtrewing ſome Powder of brown Sugar-Candy over each Layer in a Cullender, and letting them ſtand a few Hours to drain into a Diſh; of which Liquor he drank three or four Cups in a Day, and without taking any thing elſe by way of Medicine was cured in

three Weeks, to the great Surpriſe of the Doctors and his Friends.

A Woman cured of a Conſumption.—ONE of my Neighbours informs me, that her near Kinſwoman being given over by the Doctors in a Conſumption, was cured by making uſe of Conſerve of Red-Roſes and a Mixture of Mithridate, taking a little at a Time of it.

A Remedy for a Conſumption.—TAKE half a Pound of Raiſins of the Sun ſtoned, a Quarter of a Pound of Figs, a Quarter of a Pound of Honey, half an Ounce of *Lucatellus* Balſam, half an Ounce of Powder of Steel, half an Ounce of Flower of Elecampane, a grated Nutmeg, one Pound of double refined Sugar pounded; ſhred and pound all together in a ſtone Mortar, pouring into it, by Degrees, a Pint of ſallad Oil, of which eat the Bigneſs of a Nutmeg four times a Day; every Morning drink a Glaſs of old Malaga Sack, with the Yolk of a new-laid Egg in it, and as much Flower of Brimſtone as will lie upon a Sixpence, and next Morning as much Flower of Elecampane.

A ſecond Remedy.—TAKE two Gallons of ſmall Beer, 2 Handfuls of Oak-Leaves, and 2 Handfuls of Fern-Roots (let the Oak-Leaves be gathered two or three Days before you uſe them) waſh the Fern-Roots, and ſplit them; then put them into the ſmall Beer, and boil them all together, till about two Quarts are waſted out of the two Gallons. Then have half a Pound of Brown Sugar-Candy ready, and ſtrain it off upon the Candy boiling hot. When cold, put it into Bottles. Drink a Pint firſt in a Morning, and another going to bed laſt at Night.

A Gentlewoman prodigiouſly relieved in a deep Conſumption, if not cured.—THIS was a Maiden Gentlewoman, Siſter to ——— *W*———*t*, of *Derbyſhire*, Eſq; who was in a deep Conſumption, and ſo weak that ſhe could hardly lift her Hand to her Head, for which there were eight Sheeps-Trotters boiled five Hours in Spring Water, then ſtrained off and kept as a Jelly; when uſed, ſhe put a Spoonful or more of it in warm or hot Milk, and ſupt it. She took this half a Year together, being of a moſt ſtrengthening Nature, far beyond the Jelly of Hartſhorn or Calves-Feet, and will reſtore, it is ſaid, when nothing elſe will. The ſame after a Fever has weaken'd a Perſon. It is a great Healer of the Lungs and Stomach, damaged by any means, but muſt be continued ſome Time, for it will not have Effect preſently.

Inflammation

Inflammation of the Lungs cured.—THIS ſtubborn and too often fatal Malady, that generally is acquired by hard drinking, I am informed, by a very creditable Perſon, was cured in a Gentleman by the following Medicine: A Spoonful of Beech-Oil was mixt with a Spoonful of the Juice of Ground-Ivy, and taken going to Bed. This repeated ſeveral times had the deſired Effect.

A young Man cured of a Conſumption in a very particular Manner.—IT is reported, that a young Man was abſolutely cured of a Conſumption, by baking Turnips with a Piece of ruſty Bacon, which produced a very diſagreeable Liquor, but cured the Perſon.

A Drink for a Conſumption.—BOIL two Handfuls of ſmall Bran, in two Quarts of Spring Water, till a Pint is conſumed. Sweeten it with Honey, and it will drink like Mead.

AGUE.

A Young Man cured of an Ague.—THIS Perſon lives now at *Gaddeſden*, of wealthy Parents, who having an Ague (by Advice) put Pepper into his Beer every time he drank, and was cured; being told that it was the beſt of Remedies for this Diſeaſe.

A young Woman cured of an Ague.—THIS was done by Dr. *Dover*'s Receit, in his Book intitled *The Phyſician's Laſt Legacy*, Page 93, where he has theſe Words:—"Take two Ounces of fine Bark groſly powder'd; infuſe "it cold in a Quart of Red-Port for twenty-four Hours, "then filtre it off as you uſe it, taking ſix Spoonfuls every "third or fourth Hour, beginning juſt as the Fit is off, "till you have taken the whole Quart. Thus repeat it "four times, and it will not return. This muſt be obſerved, that if it purges, it will do no Service. In "this Caſe put two or three Drops of *Liquid Laudanum* "into each Doſe, till the Purging is ſtopt."—A Daughter of mine, having a Second-day Ague, was partly cured by this Receit; for I put one Ounce of groſs Bark into a Pint of Claret, and ſhe was cured before the Pint was out, though ſhe purged the Day before the Ague left her, but I quickly ſtopt it by bruiſing Cinnamon in Milk.—— I remember, when I was about 20 Years of Age, that I was cured of an Ague I had had nine Months (for ten Shillings) by a Perſon who ſaid, I ſhould not have my

Ague any more. And he made his Word good (not only to me, but, as it was ſaid, to all he undertook) by giving them three Sorts of colour'd Powders at once in a Half-pint Glaſs of Small-Beer, twice the Day I was to have the Ague, and once a Day for a Fortnight after. This Medicine neither purged, nor vomitted, nor made ſick (I only ſuck'd a Bit of Orange after taking it) which makes me believe it was only Bark diſguiſed.

A Woman cured of an Ague by a Country Apothecary's Advice.—THE Apothecary (Mr. *Goodwyn*) then lived at *Barkhamſtead*, and adviſed a near Neighbour of mine to beat two Yolks of Eggs, their Whites and all, into half a Pint of Brandy, juſt as the Fit was coming on, and take it going to bed; which ſhe did, and was cured.—— Never drink Small-Beer in an Ague, it is apt to bring on a Dropſy, and cauſe Knots in ſeveral Parts of the Body, that cannot be cured.

A Schoolmaſter in Ivinghoe *Pariſh, cured of an Ague*— BY boiling Honey in a Quart of old Strong-Beer, and drinking a little at a Time as hot as could be endured, juſt as the cold Fit was coming on.—Another Perſon was cured by burning a Quart of Claret with Honey in it, and drinking it hot, ſome at a time, leiſurely.——Another was cured by drinking a Quarter of a Pint of the Juice of Rue juſt before the cold Fit came on.

My Collar-maker's Boy cured of an Ague.—HE put his Son into a Tub of cold Water while the Fit was on him.

Ague cured by Dr. Quincy.——HE ſays, in his *Diſpenſatory*, Page 99, "That he had it from a worthy Perſon, that he had cured a great many poor People in the Country of Agues, with a large Nutmeg, and its equal Weight of Allum, powdered and divided into three Doſes, giving one every Morning faſting."——Others have given Bay-Leaves dry'd, and the Powder mixt in a Quart of the ſtrongeſt old Beer, of which take three Spoonfuls every two Hours, a little before the Fit comes on.——Another takes a Spoonful of Flower of Brimſtone in Honey or Treacle.———A moſt excellent Remedy, after Brimſtone is taken, is to boil half a Pound of Sugar, a Piece of Allum as big as a Marble, and a Quarter of a Pint of the Juice of Rue in a Pint of White-wine Vinegar, and give a Quarter of a Pint juſt before the Fit comes on. I learnt this of a Traveller, on the 19th of *May*, 1749.

A very excellent Receit for an Ague.—TAKE a Handful of Wormwood and a Handful of Rue; ſteep them all Night in a Quart or two of Strong Beer, and drink ſome

of

of the ſtrained Liquor a little before the Fit comes on. This, tho' ſomewhat nauſeous, commonly cures at once, if not, the Doſe muſt be renewed; and it has this Property beyond the Bark, that it generally prevents the Return of the Ague; becauſe it not only warms, but ſweetens and thins the Blood.——An old Woman cures the Ague by giving Gun-Powder in half a Pint of Ale.——— A Surgeon cures it by boiling an Ounce of Bark in three Pints of Water to a Quart, to which add half a Pint of Claret, ſtrain off with a little loaf Sugar. After a Vomit, take a Quarter of a Pint three times a Day.

Stone and Wind Cholick.

A Woman troubled with the Stone-Cholick lived to a great Age, by an excellent Remedy.——She uſually ſcraped as much Caſtile-Soap as would lie on a Shilling, and drank it in half a Pint of warm Ale. This was the only Medicine ſhe made uſe of, and it did her exceeding great Service, ſo that ſhe lived to above eighty Years of Age.

Stone and Gravel.—I knew a certain Woman who took the Juice of Leeks and Honey mixt up like a Conſerve, which did her great Service.

How a young Woman was cured of the Stone-Cholick.—I am credibly informed ſhe was cured by taking Balſam of Capivi; but in what Manner ſhe took it, I cannot ſay.

Wind-Cholick relieved and cured.—A creditable Perſon near me, very ſubject to the Cholick, put a Handful of Rue and as much Camomile into a Quart Bottle that had a large Noſe, and on them he pour'd a Quart of Ale. Next Morning, he drank a Quarter of a Pint of the Liquor, and continued it three Mornings; then reſted ſome time, and took it again.———This, he ſays, ſecures againſt the Cholick; but if you have it, drink half a Pint, and it is an immediate Cure, though of a hot Nature and nauſeous.—Another Perſon boiled Nettle-Seeds and Sprigs of Box in Water, which, when ſweeten'd, he would drink for the Wind-Cholick.— Others boiled Daucus or wild Carrot-ſeed with Bay-leaves in Water, which they ſweeten'd and drank for the Wind-Cholick, and therefore kept them dry'd by them all the Year.—Colonel ——— found the greateſt Benefit in taking ſome Syrup of Poppies in double Anniſeed-water, which would ſometimes make him ſleep; at another time he would take a Dram of Brandy, in which Snake-root was infuſed.——Another drinks a Tea for the Cholick, made with wild Thyme

growing on the Top of Mole or Ant Hills.——A Gentleman, going over to *Calais* in a Ship wherein was Dr. *Garth*, was taken with a violent Cholick, and desired the Doctor's Advice, wishing himself on Shore; says the Doctor it is all one for that, and order'd a Tea-kettle on. When the Water was hot, he drenched him with it, till it went upwards or downwards, and cured him of a Wind Cholick.——Another, one of my Labourers, used to cure himself of a Wind-Cholick, by boiling the Herb Centory in Ale or Water. As much of it as the Quantity of an Egg, if the Liquor is drank, will cure if the Stomach is swelled. See its Virtues in *Quincy*, Page 101.——I my self was cured intirely of a Wind-Cholick, by drinking half a Pint of Water in a Morning fasting, and so every Morning by Way of Prevention; by which Means you will not be troubled with this tormenting Disease.—Or steep as many Onions bruised as will lie in a Quart of White-wine, and take a Glass of it.

For a Stone-Cholick.—One Mr. *Fennel* of *Leighton* says, That he has taken 40 Drops of Balsam of Sulphur for the Stone-Cholick, by dropping them in the Middle of a Glass of White-wine, which made it look like the Yolk of an Egg, and then went to Bed. This he did once a Week for some time, and it made him piss Stones on the Ground as big as a Thetch, after being troubled with the Gravel 20 Years. Dr. *Quincy* allows from 4 to 12 Drops for a Dose, *Page* 450.— A Woman boiled Parsley-Roots, Burdock-Roots, and Fennel-Roots, in Water, which when strained, she sweeten'd with Syrup of Marsh-Mallows.——Another Woman took as much Sal Prunella in Powder, in a Spoonful of White-wine, as would lie on a Penny, for easing the Stone-Cholick.—Another found nothing answer better than Daucus-seed for his Stone-Cholick. Its Seeds are like Carraway Seeds, of which make a Tea. A Person vastly troubled with the Gravel, being treated by a Lord in *Hertfordshire* with a seven-year old Bottle of Perry, voided almost a Handful of small Stones.

Wind-Cholick.—Take as many Grains of Paradise, powder'd, as will lie on a Shilling, in a Glass of Ale or Brandy. It has cured when a Doctor could not.——A Gentlewoman, by Advice, took as much Turmerick as would lie on a Shilling in a small Glass of Gin, for her Wind-Cholick.—Another burnt a large Piece of the Bottom of a common Glass-Bottle, and while it was fiery hot, quench'd it in Gin,

Gin, which he drank and was cured, though (as he ſaid) he ſtruggled for Life, when all other Means failed.—Another boiled Winter-Savory in Ale, then ſweeten'd it with Sugar, and drank it with ſome Pepper mixt in it.—Another, a Woman, my Neighbour, boils wild Thyme and St. John's-Wort, together with Carraway-Seeds, and drinks it with or without Sugar, as an excellent Remedy for the Wind-Cholick and other Diſeaſes.—Another boils Balm and Mint in half a Pint of Gin, ſtrains and ſweetens: This has cured, though raw Gin will not.

Promiſcuous Receits for various Diſeaſes.

PAIN in a Man's Legs and other Parts cured.—THIS Man had great Pains, particularly in his Thighs and Knees, and was cured by drinking now and then two Years old Verjuice, mixt in a Glaſs with ſome Brandy. If it binds you, take a little Lenitive Electuary, or other looſening Thing.—— A young Woman, living in *Acton* Pariſh, *Middleſex*, was cured of a Pain in her Legs, by beating Oil of Roſes with Vinegar, and bathing it in before a Fire for three Days together, twice each Day; ſhe cover'd them with Flannel.——A wealthy Perſon in our Pariſh having a violent Pain in his Back, he tried Searcloths and other Things to no Purpoſe, till one told him, he would pawn his Life, if Grains of Paradiſe, taken in Powder in a Spoonful of Ale, as much as would lie on a Six-pence or Shilling, ſeveral Mornings faſting, did not cure him; and it anſwer'd the End.—A young Fellow living near me, about 17 Years of Age, had a Pain which was called a Sciatica in his Knees, to that Degree as forced him to crawl about, for he could not walk, nor could hardly have any Reſt. This induced his Parents to conſult our Country Surgeons, who gave it as their Opinion, that he was incurable; yet he was cured by his Mother, who practiſes as a Sort of Doctreſs. She boiled wooden Diſhes which held about a Pint, and while they were very hot, ſhe clap'd them on Camomile firſt laid on the Knees, where they remained an Hour and half; this ſhe did every Day for a Fortnight, and removed the Pain into his Hip; here alſo ſhe made the ſame Application, and entirely cured her Son.———Others rub in Gooſegreaſe on the pained Part, and find a Cure.——Oil of Petre has cured an old

Ach or Pain, by anointing once in two Days, and keeping a Flannel on the Part.

For curing a Fever.—A FEVER attended with a Cough went about the Country, but was generally cured with a Quart of Honey mix'd with a Quart of Spring-water, which was to be taken a little at a Time.—For a common Fever, our Country Houſewife adviſes to give a Treacle-Poſſet going to Bed, where it ſweats the Party; next Day ſhe binds, under a broad Rag, on each Wriſt, ſome beaten Lettice and Currants mixt together; or Wood-Sorrel, Plantane-Leaves, and the dry blue Currants beat together; and for a Drink, ſhe gives a Liquor made with Wood-Sorrel-Leaves, Five-Leaf-Graſs, Strawberry-Leaves, Houſleek, Blackberry-Briary-Leaves, Dandelion, Primroſe-Leaves, Sage, and Mint; theſe ſhe makes a Tea of, and ſo much that ſeveral Bottles were filled with the ſame, and kept cork'd ready for drinking as wanted.——Others add to this Liquor Juice of Lemons. This is a moſt cheap and efficacious Method of curing a Fever, for it ſeldom miſſes, even when they are light-headed, as is frequently experienced in our Country.——A Gentleman in *Derbyſhire*, when he finds himſelf feveriſh, takes of Pearl-Barley a Quarter of a Pound, Marſhmallow-Roots, Liquorice, and half a Pound of Raiſins of the Sun, which he boils in a Gallon of Water, and makes a Drink of it, for Malt Drink is not good in this Caſe. This is his Liquor after hard Drinking; as being ſerviceable againſt Cholick, Fever, Gout, Stone, and Scurvy.——For an epidemical Fever, as publiſhed in a common News-Paper; When the Patient begins to be diſorder'd, let Blood immediately, and provided there be no violent Pain in the Head, give a Vomit forthwith; during the Diſorder the Patient muſt be kept warm, and lie in Bed as much as poſſible. The Drink that ſhould be adminiſter'd very plentifully, ſhould be Tartar-Whey made thus: Let a Quart of Milk juſt boil, and then throw a Quarter of an Ounce of Cream of Tartar into it, ſtrain it, and give it to the Patient blood-warm; two Quarts, at leaſt, ſhould be drank in a Morning, and the like Quantity of Balm-Tea in the Afternoon: Beware of taking cold. If the Patient is reſtleſs, Syrup of Poppies, and three or four Drops of Syrup of Saffron may be added to the Balm-Tea; it ſhould be the laſt thing taken going to Bed. This has preſerved many Hundreds from a long Sickneſs, if not from

from Death.—Others ſtamp blue Currants and Hops together, and apply them to the Wriſts as an excellent Remedy.

A Man cured of a Scarlet-Fever by his Wife.——In *March*, 1747-8, many Men, Women, and Children had the Scarlet Fever in and about *Gaddeſden*; my next Neighbour, a Man in good Circumſtances, looked frightfully red with this Malady, and to cure him his Wife gave him a weak Treacle-Poſſet, and Treacle and ſometimes Honey in his Drink. This drove out the Fever, by a gentle Sweating, into a Raſh or Scurf, and in time he recovered without Bleeding, for this Woman's Notion is, that the Diſeaſe cannot ſo well be drove out, if they take the Strength of the Blood away. But this is contrary to the Notions and Practice of the famous Dr. *Boerhaave* and Dr. *Dover*, who are recorded for bleeding plentifully in all Fevers, for giving Air immediately to their Patients; for tearing off all Bliſters, and for indulging the ſick Perſon with all manner of cooling and diluting Liquors, ſee *Page* 107, in Dr. *Dover's Laſt Legacy*, where is ſhewn the Cure of Sir *John Dinely Goodyere*, who, though under a moſt violent Fever, was preſently thus cured.——Some lay Beef Steaks or Sheeps Lights to the Feet, for drawing down the Fever.——*N. B.* Some of our Country Women think nothing exceeds a Tea made of the aforeſaid Leaves, and binding Powder of white Reſin about each Wriſt for curing any Fever. It is uſed even to lying-in Women.

Cramp.—This Malady cauſes exquiſite Pain, eſpecially to Perſons in Years. My Neighbour, having a fractured Leg that confined him to his Bed, tells me, he ſuffered more Pain from the Cramp than from the Fracture. It is thought to be Wind in the Blood, and for immediate Relief ſome jump out of Bed to walk on the Floor.—Others rub their Foot, Leg, or Thigh as hard and as faſt as they can with their Hand, for the Cramp generally begins in the great Toe, and runs up to the Calf of the Leg, and ſometimes higher.—Others tie their Garter about their Foot or Leg going to Bed, to prevent it.—Some report, that wearing Roll-Brimſtone in the Breeches Pocket is good for the Cramp; but I think there is little or nothing in it.—The next ſeems valuable, which is, to tie an Eel-Skin pretty tight about a Leg or Arm, for it is ſaid to be an excellent Remedy for the

Cramp.

Cramp.—And ſo is *Hungary* Water, rub'd on the Part ſubject to the Cramp, at going to Bed.

Pain in the Stomach.—A Woman, my Neighbour, had it two Days together, ſo that her Stomach ſwell'd, but was cured by mixing three Spoonfuls of Gin with three Spoonfuls of Mint Water, and burning it; when the Flame was extinguiſhed, ſhe ſweeten'd it, drank it, and was cured by three Doſes of it. — Another Woman, my Neighbour, that had been many Years troubled with a great Pain at her Stomach, was adviſed by my Brother-in-Law, the late Captain *Henry Dodſon*, who had been Governor of *Cape-Coaſt-Caſtle* in *Africa*, to take as much Gunpowder as would lie on a Shilling in a Spoonful of Brandy, which ſhe did three Mornings running, and it anſwer'd. — A Correſpondent wrote to me, that an Acquaintance took a Tea Spoonful of Gunpowder in a Glaſs of White-wine, which work'd gently and quickly, and carried off a great deal of watry Humour.

Loſs of Appetite. — Mr. *C—h*, a wealthy Perſon, at *Dunſtable*, being ſick, ſo that he could hardly eat any thing, was adviſed to ſteep a Handful of Camomile, a Handful of Wormwood, and a Handful of Rue, in two Quarts of Ale, a Night and a Day, and to drink a Quarter or Half a Pint at a Time of the Liquor. He did ſo, and received a perfect Cure. The ſame Drink he takes now and then in his Health, by way of Prevention.—I know a young Surgeon in *London*, who brought an old Gentleman to eat two Mutton Steaks for Supper, that had loſt his Appetite before, and took ſeveral ſix Shillings of him for Quart Bottles of a Liquor, wherein to my Knowledge Rue was a chief Ingredient.

Riſing of the Lights.—If you put a little Flower into Water, and drink it in common, it will keep them down, elſe they are apt to riſe and cauſe Fits.

To ſtop Looſeneſs. — Boil Deal Shavings in Milk, and take half a Pint at a Time, made ſtrong of the Shavings, three or four times a Day; it is a leiſure Cure.—Or boil a Sheet of writing Paper in three Pints of Milk, which will make it thick; ſtrain, and eat it with Loaf-Sugar, and it is an excellent Cure.—Or mix Salt with Water, and drink, if you can bear it, half a Pint at a Time; and if it offers vomitting, hold the Vinegar Bottle to the Noſe.—A Woman in our Neighbourhood tells me a certain Perſon

ſon uſed to gather Sloes about a Week after *Michaelmas*, when they are juſt fit for it, before the Froſt takes them: Theſe he put into Quart Bottles, and buried them under Ground for half a Year, then took them out, and drained out their Juice, which was bottled with lump Sugar, and thus became like Claret for ſtopping a Looſeneſs, and for other Occaſions. — Or mix Verjuice and Brandy in equal Parts; heat it, and take two or three Spoonfuls at a Time, which will effect a Cure.

Scurvy.—A Perſon having the Nettle-Spring or Scurvy, which comes out in the Skin, as if ſtung with Nettles, being a high Degree of the Scurvy, a Surgeon at *Hempſtead* adviſed the Party to take three Spoonfuls in one Day of Nettle Juice naked in a Spoon at Morning, Noon, and Night, for ſome Time.—Or take the ſame Quantity of Juice of Scurvy-graſs naked, a Spoonful at a Time, in a Glaſs of Cyder or other Liquor. The Scurvy-graſs Juice is more pleaſant than the Nettle Juice.—Dr. *Morton*, a famous Phyſician of *Greenwich-Hoſpital*, uſed to do Wonders by making Men ſwallow a Spoonful of this naked Juice at a Time. Our late Parſon Mr. *Dodgſon* would ſcratch till his Arms almoſt bled, and ſaid, nothing relieved him more at forty-five Years of Age, than ſteeping Scurvy-graſs in Table-Beer, and ſometimes eating it on Bread and Butter, and when he was bound (being of a coſtive Conſtitution) he was relieved by Lenitive Electuary.

Another Receit.--Boil two Handfuls of Fumitory and two Handfuls of Elder-flowers with Sugar for a common Drink; this with an Iſſue is ſaid to be ſerviceable. Bruiſe twenty Millepedes or Hoglice in a Mortar, and moiſten them with White-wine, which ſqueeze through a Muſlin Rag. Take half a Quarter of a Pint every Morning for a Month of this Juice or Liquor; it is not only excellent for all ſcrophulous Tumours and inveterate Ulcers, but alſo for Palſies, Epilepſies, and all nervous Diſtempers, and therefore ſtrengthens the Optick Nerves of the Eyes.

An antiſcorbutick Cordial Elixir.—Take of the beſt Nutmeg-grained Rhubarb (not *Indian*) groſly bruiſed and a little toaſted, one Ounce, of the beſt *Engliſh* Saffron and Cinnamon each a Quarter of an Ounce, plain Spirit of Scurvy-graſs ſix Ounces, cut the Saffron ſmall, beat the Spice to a groſs Powder, and put the whole into a Bottle with a Glaſs-Stopple; after it has ſtood a Week, ſhake the Bottle now and then, and begin to take a Tea-ſpoonful or two (pour'd off

off clear) in a Diſh of Tea every Morning. *N. B.* In this Medicine you enjoy all the Virtues of the Rhubarb, and thoſe in an exalted Degree; inaſmuch as its purgative Quality is ſomewhat reſtrained, and by the Aſſiſtance of the Scurvy-graſs Spirit does the eaſier inſinuate itſelf into the Blood, and thereby becomes a more powerful Alterative and Sweetener of the Juices.—If you pour boiling Water on Coltsfoot-Flowers in an earthen Pot, and cover them, then let them ſtand till cold, ſtrain off, and boil the Liquor with Sugar to a Syrup, it is deemed a good Antiſcorbutick.

An excellent Receit for ſcorbutick Humours. — TAKE Æthiops Mineral prepared without Fire, native Cinnabar finely levigated half an Ounce, fine loaf Sugar and Gum Guaiacum of each two Drams, fine Turkey Rhubarb and Crabs Eyes prepared each one Dram, Oil of Saſſafras-wood twelve Drops; mix according to Art, and divide the Powder into twelve equal Parts, of which take one in a little White-wine daily two Hours before Dinner, and likewiſe before Supper. This is an excellent Remedy indeed for deſtroying the Scurvy, given me by my intimate Acquaintance, a *London* Phyſician.—A Woman's Legs broke out in Blotches and Scabs, ſo that ſhe could hardly go, but was perfectly cured by ſteeping Scurvy-graſs in Ale, and taking a little more than half a Quartern faſting.

An Antiſcorbutick Electuary. — TAKE medicinal Antimony ſix Drams, Æthiops Mineral one Ounce, Rhubarb in Powder one Dram, Conſerve of the yellow Rind of Seville Oranges and Lenitive Electuary each one Ounce; mix with Syrup of Cloves, and take two Drams three times a Day.

A ſharp ſcorbutick Humour in the Skin.—DR. ——— ordered a Man Æthiops Mineral and *Northaw* Water; but an Apothecary at *Enfield* put it by, and gave him Cinnabar of Antimony, Sugar, and Powder of Crabs Eyes and Claws.

A Wen cured.—MRS. *Roberts*, of *Shedham*, about two Miles from *Gaddeſden*, having a Wen many Years almoſt under her Chin, and as big as a Boy's Fiſt, could never get it reduced, till by Advice ſhe ſmoaked Tobacco, and from Time to Time rubbed the Wen with the Spittle of it; this by Degrees waſted the Wen, and entirely cured it.

A ſwelled

A ſwelled Arm that waſted, cured.—AFTER a Fever, a Man's Arm ſwell'd, upon which the late Serjeant-Surgeon *Green* adviſed to quench ſome Lime twenty-four Hours in Water, and apply it as a Poultice, and when dried to wet it again, or apply new; it ſhrivelled the Skin at firſt, but it reduced the Swelling. Yet ſuch a Lime Poultice muſt not be put to any Sore; but Lime-water is often applied to keep back Humours from flowing to the Part of a broken Shin, or other Wound. This Man is my Neighbour who received this Benefit.

To draw out a Thorn.—HANG up the Gall of a Barrow-Hog, and it will drop ſome of it out; that which remains and dries, ſpread on a linen Rag, and apply it; it ſeldom fails.—Or apply a Piece of Adder's-ſkin.

To cure Shingles.—TAKE the black Coom that is made by oiling or greaſing Bells in a Steeple, and anoint with it.—A young Woman of good Fortune at *Gaddeſden* had the Shingles, ſo as to have Bliſters half round her Body, but was cured by mixing the Blood of a black Cat's Tail with Juice of Houſleek and Cream, and anointing warm three times a Day.

Sore Mouth.—TAKE burnt Allum Powder, and mix it with Honey; rub a little now and then on the Part, and it will cure.——Or take Honey of Roſes, a little Tincture of Myrrh, ſome ſtrong Sage Tea, and red Wine; mix and rub the Mouth, and now and then uſe Syrup of Mulberries.—A Woman my Neighbour, troubled with a ſore Mouth, could not get it cured, till a Surgeon told her it proceeded from the Heat of her Stomach, and that nothing would cure but a Tea made of cooling Herbs, and it anſwer'd accordingly.

Chilblains and Kibeheels — Mr. *Boyle* ſays have been cured by ſtrewing on the ſore Part, Powder of dried ſliced Quincies,—Or rub Hogſlard before the Fire on the Chilblain or Kibe; then lay over the ſame a Piece of Bladder, or (better) the Skin of a Hog's Flair. But ſome boil Chickweed, and firſt waſh the Part with the ſtrained Water, for which Reaſon they gather and keep Chickweed dried by them.—A Man and his Children near me are much troubled with Kibe-heels, but are always cured by rubbing Oil of Turpentine on them, before a Fire, juſt before they go to Bed, whether the Kibes be broke or not broke.—But the Kibe-Ointment, mentioned in *Quin-*

cy's

cy's Diſpenſatory, Page 458, ſeems to be a moſt excellent Sort for this Purpoſe.

Canker.—A GIRL, about twelve Years of Age, that being daily employed to ſew ſtraw Hats (which is moſt of the Womens Work in our Part of *Hertfordſhire*) uſed to put her Braſs Thimble into her Mouth, which bred many white cankering Bliſters on her Tongue, Gums, and Lips, was cured by anointing the Outſide of her Jaws, Chin, and Lips, three Days together, with ſtale Gooſe-greaſe, and binding a Rag of the ſame over the Parts. ——— Or ſtamp Rue, Sorrel, Briar-Leaves, and Sage, and boil their Juice with Allum and a little Honey, clear it of the Scum, and waſh with it the canker'd Places now and then.

To faſten Teeth.—DROP five or ſix Drops of Tincture of Myrrh into a Tea-cup of Water, and waſh the Teeth with it, for faſtening them.—Or make uſe of Allum, as one of the beſt of Things to kill the Scurvy in the Gums and faſten Teeth; make a Waſh of it, by diſſolving a Bit of it in Water with a little Brandy in it.—Or firſt waſh with a Tea-cup of Water, wherein is mixt a little Brandy and a few Drops of Tincture of Myrrh; then roll in the Mouth a Bit of Allum. This I do, and it ought to be done, every Morning.—Or put two Grains of Salt of Vitriol, a Quarter of an Ounce of Tincture of Myrrh, a Bit of Allum as big as a Horſe-bean, and half an Ounce of Honey of Roſes, into half a Pint of Claret; put a Teaſpoonful of this into a Spoonful of Water, and waſh the Teeth; the Vitriol whitens, and with the reſt faſtens.

To cure the Tooth-ach.—DIP a little Lint in Tincture of Myrrh, and put it in or upon the Tooth; it is an excellent Remedy.—Or ſtamp a little Rue, as much as can be put into the Ear, on that Side the Tooth achs, it will cauſe a Noiſe, but makes a Cure in an Hour's Time.—Tobacco Aſhes will clean and whiten Teeth well.—A certain Cooper burns the Rind of Aſhes, wets them, puts them on Leather, and lays it behind his Ear, to raiſe a Bliſter; which cures the Tooth-ach, or other Pain in the Head.

How a young Woman loſt ſeveral of her Teeth.—SHE tells me, that for curing her Tooth-ach ſhe ſmoaked Henbane-ſeed; ſecondly, a Mixture of Tobacco and Brimſtone; thirdly, Gunpowder and Salt, in a Rag held on the Tooth; fourthly, Salt and Pepper; fifthly, Spirits of Wine;

Wine; ſixthly, Spirit of Hartſhorn: Theſe at Times ſhe ſmoaked, and applied, to the Loſs of ſeveral of her Teeth. Some ſay, Spirit of Soot uſed once a Month cures the Scurvy in the Gums.

Madam Howard's *Diet-Drink.*—THIS Gentlewoman lived in *London*, and for preventing the Breed of the Scurvy and other Diſeaſes took an excellent Method, by making a Diet-Drink in the following Manner, *viz.*—She uſed to have a Pin of Brown Ale brought to her Houſe from a Brewhouſe, that held four Gallons and a half; the Ale ſhe emptied into an earthen upright Steen, and then ſoaked in the ſame, Scurvy-graſs Leaves, Gentian-root, Snake-root, and Wormwood. Theſe ſhe now and then ſqueezed, and after three Days ſhe ſtrained off, and put the Ale into the Veſſel again; then ſhe cut ſome Seville Oranges, and ſqueezed their Juice into it, and after putting in ſome Guaiacum Chips ſhe bung'd up the Caſk, for drinking this medicated Ale at Diſcretion. She ſometimes only pared the Oranges, and put them in whole. This is an excellent Diet-Drink for all Degrees and Shapes of the Scurvy whatſoever.—Another of our Farmers Wives ſays the following is an excellent cheap Diet-Drink for the Scurvy, which is made by boiling Figs, Liquorice, Scurvy-graſs, and Water-creſſes in Ale. ——— Another ſays, take one Ounce of ſliced Liquorice, two Ounces of Juniper-berries, and two Scruples of Salt of Tartar, ſteeped in a Quart of Ale; then take four Spoonfuls in a Pint of Ale.—A Diet-Drink is made and ſold by a Country Doctreſs for the Scurvy, Rheumatiſm, and other Diſeaſes; ſhe ſteeps Mountain-Flax, Dwarf-Elder, and Buckbean, in Ale, a Night and a Day.

The travelling Beggars Way of clearing their Bodies of Nits, Lice, and Fleas. —— I believe I may affirm it for Truth, that no County in *England* is ſo much frequented by Beggars as *Hertfordſhire*; and upon aſking them of their Method of curing the ſeveral Diſeaſes they are incident to more than others, they tell me that, for clearing their Bodies of Lice, they boil Copperas in Water with Hogſlard, and by rubbing it over their Bodies, no Lice have Power to bite them; on the contrary, it will make them forſake the Cloaths they wear, and not damage their Skin.—Another ſays, he is clear of Lice by anointing the Waiſtband of his Breeches with Oil of Ruſſel, but this I doubt.—To clear the Head of Lice, firſt open

and part the Hair here and there, then cover the Bole of a lighted Pipe of Tobacco with a linen Rag, and blow the Smoak into the Places, which will make the Lice crawl to the outmoſt Parts of the Hair, where they may be eaſily combed out.—To prevent and deſtroy Fleas, boil Brooklime, or Arſmart, or Wormwood, in Water, and waſh the Room.—Or lay the Herbs in ſeveral Parts of the Room.

To deſtroy Worms in the human Body.—A Man cured of little white Maw-worms. This Man lived near me, and being much troubled with theſe Worms, he took near half a Pint at a Time of Salt Water for four Mornings together faſting, and it made him void great Quantities of theſe Worms, to the curing of him for ſome Years.—Give to a Girl twelve Years old, that has Worms, a Teaſpoonful and half of Elixir Proprietatis in Water-gruel: It kills Worms, and cures the Green-Sickneſs.—Bruiſe green Tanſy, and give a Spoonful of its Juice every Day to a Boy or Girl: It is excellent to kill Worms. — One of our Labourers, having the ſmall white Worms, took a Spoonful of Sugar faſting, and in a few Minutes after he took ſeven Drops of Oil of Vitriol in half a Pint of ſmall Beer, and in an Hour or two's Time, vomited Worms to the Quantity of a Handful; then he drank half a Pint of ſtrong Beer and vomited more Worms, and ſo a third Time; at laſt half a Pint ſtaid with him, and in three Days after he took nine Drops of the Oil, which did not move him; three Years after he was cured by the ſame.

To deſtroy Worms.—Give to a Boy or Girl a Spoonful of the Juice of Rue now and then.—It is certainly true, that a Dram of Gin has cured ſeveral Men, Women, and others, of Worms, in our Pariſh, by taking it three Mornings faſting.

To ſtop a Looſeneſs or Flux. — A Man given over for Death, was cured of a violent Looſeneſs by eating an Egg (boiled or roaſted very hard) Shell and all.—Another recovered by drinking now and then half a Quarter of a Pint of old Verjuice. — Another ſtops a Looſeneſs by boiling Blackberry Leaves in ſmall Beer.

The Evil cured by Advice of a Beggar.—A Girl at *Gaddeſden*, having the Evil in her Feet from her Infancy, at eleven Years old loſt one of her Toes by it, and was ſo

bad

bad that ſhe could hardly walk, therefore was to be ſent to a *London* Hoſpital in a little Time: But a Beggar-woman coming to the Door, and hearing of it, ſaid, That if they would cut off the hind Leg, and the fore Leg on the contrary Side of that, of a Toad, and wear them in a ſilken Bag about her Neck, it would certainly cure her; but it was to be obſerved, that on the Toad's loſing its Legs, it was to be turned looſe abroad, and as it pined, waſted, and died, the Diſtemper would likewiſe waſte and die; which happened accordingly, for the Girl was intirely cured by it, never having had the Evil afterwards.

The Evil in a Girl's Eye helped.—ANOTHER *Gaddeſden* Girl having an hereditary Evil from her Father in her Eyes, her Parents dried a Toad in the Sun, and put it in a ſilken Bag, which they hung on the back Part of her Neck; and although it was thus dried, it drawed ſo much as to raiſe little Bliſters, but did the Girl a great deal of Service, till ſhe careleſsly loſt it.—But I am humbly of Opinion, no Medicine known by Man exceeds that of Quickſilver Water for curing the King's-Evil. The Cure of which I think likewiſe would be made very ſhort, if the Patient would exerciſe his Body with ſome Labour, and live on a Milk Diet, while he or ſhe is drinking the Water.

Pain in the Head cured.—MR. *Gadbury*, of *Dunſtable*, kept his Bed almoſt a Year for it, and got a wry Neck in the Time; at laſt, by the Advice of Dr. *Freeman* of *Amptill*, he was cured by the Uſe of the following Powder given in Ale: He baked red Sage and Egg-ſhells together, of which he made the Powder. Mr. *Gadbury* was alive in 1739.—Another, who is my particular Acquaintance, took Lavender Drops every Night he went to Bed, to the Number of ſixty, in Water, Ale, or Wine; but beſt of all dropt on Loaf Sugar, letting it gradually diſſolve in the Mouth, becauſe by that Means it ſoaks more immediately into the Nerves, and gives a more ſudden Supply to the Spirits.—— Another takes thirty Drops in Water ſeveral times a Day. In the Decays of Age, and convulſive or apoplectic Shocks, ſuch as bring on Palſeys and Loſs of Memory, this is a moſt excellent Medicine, as Dr. *Quincy* very well obſerves at Page 363 of his *Diſpenſatory*.—I know a Woman, who

for the Pain of her Head ſnuffs ſome of theſe Spirits up her Noſe very frequently.

Sneezing. — It comes by cold taken in the Head or other Parts, and is very troubleſome, and the more ſo, when it laſts ſome time: A good Cure is, to doſe the Body with a hearty Drink of Wine, or other ſtrong Liquor, till it is thoroughly heated, but not with naked ſpiritous Liquor, nor to the Exceſs of Drunkenneſs. — Or rub your Head now and then with Hungary-water, and drink nothing that keeps your Body open.—Or waſh always your Head with cold Water in a Morning.

Small-Pox.—They at firſt are generally taken with a Pain in the Head and Back, Coldneſs of Feet, or Vomitting.—The Caſe of Miſs *Howard* of *London*, under the Care of a moſt eminent Doctor of Phyſick: At firſt ſhe was thought to have only a Cold, and ſo they gave her a Raiſin Poſſet made to ſweat her, but in three Days the Small-Pox came out, after bleeding for a Fever as they thought.—The Doctor ſaid, it is beſt to bleed on the Apprehenſion of the Small-Pox, becauſe it prevents their being vaſtly full, and prevents a Fever joining them. She was kept always full of Drink, either Panado or Gruel, and ſometimes a little Sack and Toaſt, with Saffron ſteep'd in it, to drive the Small-Pox from the Heart, or a Naple-biſket ſopt in it; but no Meat was allow'd till the Pox was turned, which commonly is in nine or twelve Days; then ſhe had a little Fiſh, or boiled Chicken; and during all this Time ſhe had Cordial Powders in Juleps given her every four Hours, till they were turned and ſhe out of Danger. She was kept warm almoſt like as in a Bagnio, and did not keep out of Bed longer than till the Bed was made; at laſt they waſh'd her Face with warm Sack and Butter [or anoint with chopt Rue boiled in Hogſlard] to ſhoal off the Pocks, and prevent their pitting.

To prevent catching the Small-Pox. — Drink, if you are going into any Danger, a Quarter or half a Pint of Rue Tea without Sugar; or hold a Piece of Rue in your Mouth. This is an excellent Antidote, and of infinite Service to Man and Beaſt, in many Shapes; particularly for cleanſing the Blood, and thinning it, for the better preparing the Body to be eaſily cured of the Small-Pox. A Piece in the Mouth defends againſt the Damage of any ill Scents.

Deafneſs.

Deafneſs.—A Tinker was cured by fleaing a Hedge-hog, taking out the Guts, roaſting the Body without baſting, and ſaving the Dripping or Fat, of which he dropt three Drops into his Ear at Night, the ſame in the Morning, and ſo for two Days, when it cured him.—Or boil one or more Adders in a ſmall Pot, ſave the Greaſe, which will be almoſt as thin as Oil, and drop one or two Drops into the Ear going to Bed, repeating the ſame ſeveral times. — The late —— *How*, Eſq; Recorder of *St. Albans*, being exceeding deaf, he ſhaved his Head every Day, and every Night and Morning rubbed it with Hungary-water, till he was perfectly cured by it.—— Another is ſaid to take Oil of Almonds, Water in a Jack-hare's Bladder, and Swan's Greaſe, beating up 15 Drops of each of theſe together, and dropping 15 Drops into each Ear going to Bed, and ſo every Night for a Week. In the mean while, put white Melilot on two Bits of Leather, and lay freſh ones to the Ears every Night.

Sore Eyes.—A Woman having ſore Eyes diſſolved fine Loaf Sugar in Water, and it did her vaſt Service.—Another did better by diſſolving ſome white Vitriol in Spring Water with Loaf Sugar, becauſe the Thickneſs of the Sugar-water guards againſt the ſharp Vitriol: A little of this Water dropt into the Eye, or beſmear'd by a Feather with it, does great Service. —The Juice of green Wheat takes Spots out of the Eyes.—Milk hot from the Cow is a ſovereign Remedy for Blood-ſhot or other ſore Eyes.—If you put the Vitriol in ſugar'd Water, a Bit as big as a large Pea is ſufficient for a two Ounce Bottle. It is an excellent Water.

To take away Wrinkles from the Face.—Mix fine Wheat Meal in hot Bean-Flower Water.

A Wine good for the Palſey.—Take Woodlice or Millepedes bruiſed, half a Pint; Vipers juſt killed, ſkinned, and freed from their Entrails and Fat, two, three, or more; Horſe-radiſh ſliced and bruiſed, one Ounce and a half; ſharp-pointed Dock-root, half a Pound; Juniper Berries whole, four Ounces; Gentian ſliced, ſix Drams: Infuſe theſe in a Gallon of Mountain Wine, and take two Ounces twice a Day. This is the Preſcription of a Profeſſor of Phyſick in *London.* — One of our Country-men tells me, that he has the yellow Flowers of the Lady-finger Graſs diſtill'd for the Palſey, and finds great Benefit by waſhing his Face and Hands with the

diſtilled Liquor, and by drinking a Tea made with Roſemary and Lavender.—Spirit of Lavender taken on Loaf Sugar, to the Quantity from twenty to one hundred Drops, is of ſuch Efficacy for this Purpoſe, that by ſome they are called Palſey Drops.

Teas. — BOHEA and Green are generally allowed to be unwholeſome Herbs; if drank to Exceſs, they hurt the Nerves (Bohea eſpecially) and cauſe various Diſtempers, as Tremors, Palſeys, Vapours, Fits, *&c.* And as Lime and Allum are employed in making Loaf Sugar, their corroding Natures are likewiſe of very ill Conſequence when uſed immoderately; therefore Cream, *&c.* is very neceſſary to qualify theſe bad Properties. I know a Gentlewoman who in her laſt Diſh of Tea puts ſix or more Lavender Drops, to prevent the Riſe of Vapours. Others boil Archangel or Nettle Flowers in Milk, to drink with their Tea. — Some very judiciouſly make uſe of Quick-ſilver-water inſtead of raw Water for their Tea.—A Gentleman of my Acquaintance, for avoiding the pernicious Effects of Loaf Sugar, made uſe of white Sugar-candy.—Another uſed all powder'd Sugar.—A Gentlewoman, a great Lover of Green-Tea, drank it Morning and Afternoon, but was forced to leave it off, becauſe it raked her Stomach, and bred the Cholick, being (as ſhe thought) of a feeding Nature; and therefore betook herſelf to Ale-hoof or Ground-ivy Tea.—A Surgeon of *Barkhamſtead*, taking me into his Garden, pointed to his Balm and his Sage, telling me theſe were his Tea.—Another Surgeon, named *Keſton*, of *Hempſtead*, ſaid that Green Tea is the worſt of Things for the Cholick and dead Palſey. And I remember, the *Barkhamſtead* Surgeon ſaid, that both Bohea and Green grow on one Tree, are of a poiſonous Nature, and that the Men who work on them have their Hands bliſter'd by the Oil, which is very hot.—Artificial Tea may be made with Saintfoin Leaves, Honeyſuckle, the Leaves of the white and black Thorn, and new Hay.

Tea Caudle.—SIR *Kenelm Digby*, in his Book called the *Cloſet*, tells us, that a Jeſuit who came from *China*, in 1664, told Mr. *Waller*, that there they make an Infuſion or Caudle of Tea (Green, I ſuppoſe) by putting a Pint of ſcalding Water on a Drachm of Tea, with two Yolks of Eggs beat up with fine Sugar; the Tea being firſt made, muſt be poured on the Eggs and Sugar, which being

being well ſtirred together ſhould be drank hot. He ſays, that this Infuſion preſently ſatisfies all Rawneſs and Indigence of Stomach. In *England*, the Jeſuit ſaid, we let the hot Water ſtand too long ſoaking on the Tea, which makes it extract into itſelf the earthy Parts of the Herb; but by letting it remain a ſmaller time, you have only the ſpiritous Part of the Tea, that is much more active, penetrative, and friendly to Nature.—— Sir *Kenelm* ſays, Mr. *Waller* found the Jeſuit's Character of Tea exactly anſwer.—And I ſay, I was in hopes I had ſufficiently laid open the ſame Hint on account of brewing malt Liquors, in my Treatiſe intituled *The London and Country Brewer*; but notwithſtanding the great Importance the ſame is of to Men's Health and Pleaſure, I find it paſſes, with too many, as if it was a Tale of a Cock and a Bull.—Or you may mix the Eggs with ſome White-wine and grated Nutmeg, and heat and ſtir it over a Fire, with the Tea, as the right Way.—Again, as Tea is of ſuch a pernicious Nature to Health, the ſtronger it is made, the greater Damage it does. For my own Part, as I drink near half a Pint of Quickſilver-water almoſt every Morning, when I am to drink Bohea or Green Tea I put into the Quickſilver-water ſome Drops of Spirit of Hartſhorn, or of Lavender, as a Defence againſt the ill Effects of Tea.—A young Woman, ſeemingly about thirty-five Years of Age, whom I ſaw at *Otters-Pool*, near *Watford*, on her Crutches, told me ſhe boarded there for a Month, to try if plunging once a Day in this excellent natural cold Bath would cure her of a Dead Palſey, that took her on one Side; which ſhe imputed to drinking Tea in Exceſs, that ſhe was tempted to, as ſhe lived in a Service where ſhe was not debar'd from it.—Another, that lived with a Merchant in *London*, had Tea in ſuch Plenty, that ſhe thereby fell into a Conſumption and died.—A Girl of ſeven Years old, in my Neighbourhood, fell into the Jaundice, by drinking daily a large Quantity of Tea.—A Gentlewoman ſaid, if ſhe drinks Bohea Tea, it gives her a Trembling and Head-ach; therefore ſhe drinks Green.—A Gentleman, a hard Drinker of ſpiritous Liquors, was forced (becauſe he muſt not leave them off all at once) to mix Brandy with his Tea.—An Apothecary ſaid, if Green Tea is laid on raw Liver, it will eat into it.—Drinking too much Tea breeds an Aſthma and Stoppage at the Stomach.

Diabetes.—THE late *Nath. Bent*, who kept the great *Bull-Inn* at *Redburne* in *Hertfordſhire*, by tippling Punch and Six-penny ſtale ſtrong Beer, although a Man of the largeſt Sige, fell into that lamentable Diſeaſe a Diabetes; and declared to me, that he thought none of the Doctor's Medicines did him ſo much Service as Smith's Forge-Water. I aſk'd him, why he did not make uſe of *Briſtol* or ſome other aſtringent Well-Waters; he anſwer'd, that it was his Opinion, nothing exceeded the Smith's Water and Iſinglaſs. He lived ſeveral Years after this Malady ſeized him, and told me he thought himſelf well of it. He died I think in *April*, 1749, of a Complication of Diſtempers, a Man of conſiderable Worth, and deſerving of a good Character.—Diabetes cured by acidulated chalybeate Waters, as related in Dr. *Hales*'s *Philoſophical Experiments*, *p.* 154. — Or ſee an excellent Receit for it, at Page 511, in *Quincy*'s *Diſpenſatory*.—I remember a Yeoman of a middle Age was ſo often blooded for ſome Diſtemper, that it brought him under a Diabetes, and killed him. — One that is a Surgeon and Phyſician in *London* tells me, that the Hot-Well Water of *Briſtol*, and that of *Iſlington*, cures this Diſtemper; but he ſays, to ſupply this, and make a Liquor ſuperior to either of them for this Diſtemper — To two Quarts of Water put a Scruple of Salt of Steel, and a little Lump of Lime, which is to ſettle a Night, and then to be pour'd off; of this, drink half a Pint two or three times a Day.—But beſides this, a Diet-Drink ought to be made uſe of; for which, boil Guaiacum Chips to a ſtrong Decoction, and add to the ſame a Gallon of Water, wherein two Pounds of Lime are infuſed; let it ſtand 24 Hours and pour off; then add two Ounces of Saſſafras Chips, a Nutmeg ſliced, a Quarter of an Ounce of Cinnamon, two Ounces of Liquorice, and half an Ounce of Coriander Seeds; bruiſe them, and ſteep them in the Liquor four or five Days, and drink of it two or three times a Day.

The Healthfulneſs of warm Drink.—THE late Dr. *Crawley*, of *Dunſtable*, gave a ſtrict Charge to his Cook-maid never to drink cold ſmall Beer when ſhe was hot, be it in *Summer* or *Winter*; for that as her Buſineſs greatly expoſed her to Heats, it would much endanger her Health to drink cold ſmall Beer when ſhe was hot. Warm Drinks are by Phyſicians ſaid to be moſt beneficial

ficial to Health; and although Beaſts drink cold Water, yet it does them no good, till warm'd in their Stomach. Warm Drink allays Thirſt better than cold, and diſtributes, and better helps the Digeſtion of our Food; which leads me to preſent my Reader (as a Warning on this Account) with the following Caſe.—A very induſtrious honeſt Farmer, named *John Gurney*, having taken a Farm at *Nor-Marſton* in *Buckinghamſhire*, that was left in a moſt foul weedy Condition by the laſt Tenant, laboured almoſt inceſſantly to plow and get it clean and ſweet, to that Degree, as obliged him often to drink cold ſmall Beer when he was hot, which made him grow ſickiſh, loſe his Appetite, and was ſo faint that he could not hold his Work. Upon this, his Wife carried his Water to Dr. *Crawley* aforeſaid, who ſaid to her, Woman are you willing to be a Widow? No Sir, ſays ſhe. But I tell you (ſays he) you will be one, for no Man can cure him; for I find by his Water, he has drank too much cold ſmall Beer when he was hot, and thereby ſo mixed his Greaſe with his Blood, that there is no Remedy for him. Accordingly the Doctor's Saying proved true, for he afterwards pined away by Degrees, not being able to retain his Water (notwithſtanding he conſulted ſeveral Phyſicians) which cauſed him to ſlink much, and after languiſhing a Year, two, or more, he died, leaving a Widow and five Children, with a Stock thought to be worth 500 *l.* to the great Grief of all his Relations and Acquaintance.

Earwig, how one got into a Girl's Ear, and cured.—My Chairwoman told me, that when ſhe was a Girl about twelve Years of Age, riding in a Cart to Field in Harveſt-time, ſhe laid herſelf down to doſe, when an Earwig crept into her Ear, and preſently cauſed it to ſwell, making her deaf to every thing but a terrible Noiſe in it, and was in great Pain by its ſtinging the Part; being had in about an Hour's Time to Dr. *Crawley* of *Dunſtable*, he ſyringed her Ear, and by that Means got out the Earwig, ſaying, that if ſhe had ſtay'd a little longer, he could not have done it, becauſe the Ear would have ſwell'd up; alſo that in twenty-four Hours Time it would have bred. When it came out, it was alive, and he ſaid it bites at Mouth and ſtings at Tail; her Ear was afterwards much ſwell'd.—It is ſaid, that the

Juice

Juice of Rue put into the Ear will kill an Earwig in it, if the Party goes to ſleep and lies on the contrary Ear, and that when it has killed the Earwig, the Juice will come out.

A Cat cured Pain. — It is ſaid, that a Gentlewoman having a ſwelled tumid Hand, put her Finger into a Cat's Ear, and within two Hours was delivered of her Pain; but the Cat was ſo pained, that two Men could hardly hold her.

A Purge.—A Country capital Phyſician takes one Ounce of Manna ſeveral Mornings together, as the beſt Purge to keep him in Health, in Water-gruel.——Another ſays, diſſolve half an Ounce of the beſt Manna in thin Water-gruel, ſtrain it through a fine Rag, and add of the beſt Tincture of Rhubarb made in white Wine, an Ounce or two; Tincture of Cardamom-ſeeds, made according to *Bates*, twenty Drops; mix them, and take what you think may anſwer your Conſtitution.—— The Hiera Picra Purge is endued with ſuch excellent Qualities, that it is wrote of in ſeveral Books, and therefore I cannot well help doing the ſame here, and the rather, becauſe I know a Phyſician that makes it the chief Phyſick for his own Body. They ſell it at the Apothecaries, Druggiſts, and Chymiſts, in Powder. One ſays it may be taken from two to three Drachms in Rheniſh-wine, with an Ounce of the Syrup of Mugwort, at Night going to Bed.—— Another, I think, directs better, to put an Ounce and a half of this Powder into a Quart of *Madeira* Wine; and after it has been ſteeped three or four Days, to pour off the fine Part for Uſe; then to take three, four, or five Spoonfuls going to Bed, or in the Morning. A ſtrong Conſtitution wants no Confinement nor Alteration of Diet, nor does it gripe like moſt other Phyſicks. For a Purge, the Tincture of Hiera Picra is ſaid to be the beſt that can be taken; it is an agreeable Bitter, and never gripes. One Ounce will carry off all the Foulneſs of Humours, and prevent a great many Diſorders.

For a Vomit.—If you have a Heavineſs and Foulneſs of Stomach, and that you are more coſtive than uſual, drink plentifully of Green-Tea, till all the Slime be got off your Stomach. It is a fine gentle Vomit, and greatly relieves all Scorbutick Diſeaſes.

Bite

Bite of a mad Dog.—Mr. *Daniel Puttinham*, of *Gainsford*, near *Harrow*, in *Middlesex*, told me, *December* 29, 1746, that several Persons were bit about him, as supposed by Dogs that had run from *London*. The Cure, he says, is absolute, if a Person will every Morning plunge himself over Head and Ears in a Pond for a Month together, and every other Day for a Fortnight after.——A Man bit by a mad Dog, about a Week after, was had to the salt Water; when he saw it, he snapt with his Teeth, and started, which made the Boatman say, it was too late; however, being dipt heartily it stopt the Malady just where it was; but whenever at Water, he started and snapt with his Teeth.

To cure a Dog bit by mad Dog.—Tie up and bleed him in the Neck-Vein, pin and tie it about with Thread, and give the Dog as much white Hellebore Powder as will lie on a Six-pence or a Shilling in Milk, but next Time in Flesh.——It is a sure Cure.

Measles.—One of my Neighbours had three of his Children down at once of the Measles; they came out very red in the Face, upon which he gave his Boy the Quantity of a Nutmeg of Venice Treacle.

Whitloe cured.—A Person having a Whitloe on the Top of the Thumb, when it was towards a Ripeness, Soap mixt with Chalk was put to draw it to a Head, and when it was broke, Melilot Salve was applied; and after that, the Cure was finished with an old Woman's healing Salve.

Coffee—Is said to dry up Crudities of the Stomach and to comfort the Brain, is very serviceable after a Debauch of strong Liquors, and so it is for those Persons troubled with Defluxions of Rheum from the Head to the Stomach; but it is hurtful to dry Constitutions, and is apt to hinder Sleep. There are two sorts of Coffee sold by Grocers and Druggists in *London*, and at Shops in the Country: The first are generally so honest, as to declare their Difference, and sell the *Turkey* for 4*s.* 6*d. per* Pound, and the *West-India* for 3*s.* 6*d.* I have therefore Reason to warn my Reader against this Coffee Imposition, that I may assuredly say is carried on by too many, especially in the Country, where People are most ignorant; I mean for selling the *West-India* Coffee for *Turkey* Coffee, either alone or in a Mixture.——The right Way to make Coffee, is to heat the Berries in a Fire-shovel, till they sweat a little; then

then grind them, and put the Coffee-pot over the Fire with Water; when hot, throw the Water away, and dry the Pot by the Fire, then put the Powder into it, and boiling Water immediately over the ſame; let it ſtand three or four Minutes, and pour off the Clear. By this Means the hot Water meets the Spirit of the Coffee, and will therefore be ſtronger than any boiled Coffee; whereas if you boil Coffee as the common Way is, the Spirit goes away, ſo that it will not be ſo ſtrong nor quick to the Taſte; for, obtaining the Spirit is the main Thing to be deſired. To experience the Truth of this, boil the Coffee half an Hour, or a little more, and let it ſtand a while, it will be of a Vinegar Taſte, and the ſtronger you make it of the Coffee, the ſourer it will be, becauſe the Spirit evaporates away in the boiling ſo long, and if the Spirit of any Liquor is gone, it ſoon becomes acid.

To make artificial Coffee.—BAKE a Piece of Bread in an Oven to a burnt Cruſt, afterwards ſcrape it to a Powder, and it will have a Taſte very near true Coffee. Or take Wheat and parch it in a Fire-ſhovel, or better on a tin Plate over a clear Fire, till it is black, then grind it, and it will imitate Coffee both in Smell and Taſte. The beſt Way to keep roaſted Coffee-Berries, is in ſome warm Place. The Powder ram'd well in a tin Pot, and kept in a warm Place, will keep well above a Month.—Coffee poured on one or two Yolks of Eggs, and then juſt boiled up over a Fire, will, with Sugar, drink a little like Chocolate.

Cutting and curing Corns.—I KNOW a Man and his Wife who when they cut their Corns ſo to the quick, as to make them almoſt or quite bleed, always rub ſome Spirit of Wine on them, which prevents their feſtering, or bringing on a Mortification.

Chopt Hands.—WASH them in Chamberlye, and when dried by the Fire rub them with Hogſlard, and wear Gloves going to Bed.

To relieve a Traveller's Feet.—LET him heat his Feet every Night before a Fire very well, and it will draw out the fiery Heat which they have contracted by walking in the Day.—Or waſh your Feet with White-Wine Vinegar at Night.———Or put an Egg in each Shoe when you walk.

Tobacco—Is an Herb by ſome accounted wholeſome, by others unwholeſome. Tobacco, ſays Dr. *Archer*, Phyſician

ſician in ordinary to King *Charles*, ſmoaked in a Pipe, is very attractive of moiſt and crude Humours, as Water and Phlegm out of the Head and Stomach; and thus it makes a Pump of the Mouth, for the Benefit of ſome few, and Detriment to the Health of many others.——It is not good (ſays he) for thoſe that are of a hot, dry, and cholerick Conſtitution, nor for ſanguine People, who are not troubled with Rheums diſtilling upon the Lungs. It is bad for the Teeth for two Cauſes, from its own Heat from a burning Oil with the Smoak convey'd to the Mouth, and from the frequent Flux of Rheum from the Head to the Teeth.———It is (ſays he) bad for the Eyes, becauſe the Smoak carries ſuch a hot Oil with it, that weakens the Eyes by its Force upon the Brain, drawing from the optick Nerve.——It is good where Cold and Famine cannot otherwiſe be helped, for it heats the Body, and defrauds the Stomach by offending it, and ſo there may be the leſs Appetite or craving for Food. If chewing it is good for any, it is for thoſe that have cold Rheums diſtilling from the Head; on this Account I heard a Phyſician ſay it is excellent, becauſe it alters its cold Nature into a hot one, and thus prevents its damaging the Stomach and Lungs; it is alſo by its Smoak very ſerviceable in preventing contagious Diſtempers, and therefore is commonly thus made uſe of by Surgeons and others in Hoſpitals, *&c.* Now to improve this Narcotick Herb, drop a few Drops of Oil of Anniſeeds into an Ounce of it, it gives it a pleaſant Taſte, and endues the Smoak with ſeveral wholeſome Properties.

Too much Phyſick does harm.——A Phyſician ſaid, It waſhes off the Mucus of the Guts, and then the Meat paſſes too quick through them, becauſe they are deprived of their retentive Quality. I am credibly informed, that a Gentlewoman in *Staffordſhire* took the *Scotch* Pills ſo frequently, that they occaſioned this Misfortune and killed her.

The Caſe of a Child of three Years old, which had liked to have died by catching cold in the Meaſles.—THE Meaſles in this Child appeared very full, but by the Indiſcretion of the Nurſe he had like to have died; for in the Height of the Diſtemper ſhe let the Child go to the Door with a few of its Garments on, which gave the Air a Power to ſtrike the Meaſles in, ſo that for two Days and a half it was doubted whether the Child would live, till a Gentlewoman of

Dunſtable

Dunſtable adviſed to give it now and then ſome ſtrong Drink wherein ſome Marygold-Flowers had been boiled, and after boiling, to ſweeten it with Treacle. This was done accordingly, and it brought the Meaſles out again, to the Recovery of the Child.

Sir Hans Sloan's *Eye-Salve.*—A MOST effectual Medicine for Soreneſs, Weakneſs, and other Diſtempers of the Eyes, is faithfully prepared according to Sir *Hans Sloan*'s Receit, printed in his Sixpenny Pamphlet, *p.* 4, where he ſays, he found it ſo ſurpriſingly beneficial, that by the right Uſe of it not one in five hundred miſſed of a Cure.—And again, *p.* 7, he ſays, it has cured many whoſe Eyes were covered with opake Films and Cicatrices left by Inflammations and Apoſtumes of the Cornea, many of whom were ſo totally deprived of Sight, as to be under a Neceſſity of being led to him; yet after ſome time could perfectly find their Way without a Guide. This liquid or thin Salve is to be applied with a ſmall hair Pencil, the Eye winking or a little open'd. A Bottle of Sir *Hans Sloan*'s Salve is from one Shilling to two Shillings each.———A certain elderly Man, in *London*, was ſo dark ſighted, that he could not diſtinguiſh Perſons in the Street, yet recover'd his Sight by ſewing a thin Piece of Lead, about the Bigneſs of a Crown-piece, to his Perriwig.—Another, by waſhing his Head daily, held his Sight to a great Age.

The Character of a Lord's great and unparallel'd Charity. NOT a great many Miles from *Gaddeſden* now lives a Nobleman, who although he was not bred a Phyſician, extends his Charity in a very uncommon Manner; for he not only viſits the Sick in the moſt contagious Illneſs, but ſupplies them with Medicines at his own Coſt. He has condeſcended to walk through a Workhouſe, out of his own Pariſh, to aſſiſt the diſtreſſed diſeaſed People, and where he will not venture on his own Judgment, he conſults a Phyſician at his own Expence. Another Inſtance of his Charity happened to my Knowledge; a poor Woman lying ill of a deſperate Fever, her Huſband could get no Nurſe to attend her, for fear of catching the Diſtemper, yet this excellent Nobleman went to her in the greateſt Extremity, and gave her Medicines at his own Coſt: An Example, I hope, that will induce ſome others to imitate.

ADVERTISEMENT.

THIS is to give Notice to all Gentlemen and others, that I furniſh them, on a proper Order, with the new invented, light, four-wheel, plain Drill-plough, either the ſingle or the double Sort, that carries two fixed Hoppers on it, a Seed Hopper, and a Manure Hopper, being an Improvement made on all other Drill-ploughs whatſoever; for by its Uſes, with the Aſſiſtance of a new invented Horſebreak, that is drawn on two Wheels by only one Horſe, and a very fertilizing compound Manure, poor Land (by the Bleſſing of Heaven) may be made to produce rich Crops of Grain, Turnips, Rapes, or artificial Graſſes. The double Drill-plough ſows two Drills at once, drawing along by only one Horſe, and the Break being made to hoe and clean two Intervals of Drill Ground at once drawing along, it will thus do more work in one Day than twenty Men can. I likewiſe ſell the two-wheel *Hertfordſhire* double Plough, the two-wheel ſingle fallow Plough, the two-wheel bob-tail Plough, the Turnriſe Plough, which is a proper one to lay all the Ground even where it lies not too wet, by preparing it for the four-wheel Drill-plough. Alſo the Drain-foot Plough for cutting Water-furrows, which it does ſo well, as to throw out Earth a Spit deep, and a Foot ſquare, at once drawing along with a Team of Horſes, and thus does more of this Work, in one Day, than twenty or thirty Men can: The Mole-bank-plough, that I ſell but for one Guinea at my Houſe if ſingle, or two if double, will likewiſe do more of this Work in one Day than forty Men can: The late Patent little light Plough, that goes without Wheels, is an excellent Sort for working in ſoft Earth, and turning a Furrow the beſt of any Plough: And Chaff-cutting Engines. I ſell the famous Orange Bell Pear-Tree, not to be had in any of the Nurſeries near *London*, as I could find, upon Inquiry: The Parſnip Apple-Tree, whoſe Fruit, with that of the Orange Pear-Tree, is always ripe in Harveſt; being a moſt ſerviceable, pleaſant Apple, for eating raw or in Pies and Paſties, and for making Cyder: White Damſin and white Elder

Elder Trees: The excellent black Kerroon Cherry-Tree: Tame Pheaſants, *Guinea* Hens, and *Poland* Dunghill Fowls: The Lady-Finger and three other Sorts of the very beſt of natural Graſs-Seeds; the firſt comes up the ſecond Year, but the three laſt come up the firſt Year, the Seed of which produces the ſweeteſt of Milk, Butter, Cheeſe, and Fleſh, free of many dangerous noxious Seeds of Weeds that are generally ſown when Hay-Seeds are taken out of Hay-Lofts. I ſell Receits for compounding various Sorts of Manures for the Garden or Field; alſo thoſe for preventing aſſuredly the Damage of Flies on Turnips or Rapes in the Field, or Lice and Caterpillars on Cabbages, or on Wall Fruit Trees: Likewiſe Receits for preventing Rats of any Kind harbouring the Thatch of Barns or Grainaries, Cielings of Dwelling-Houſes, or in the Ground, or in Malt or Mill-Houſes, by ſeveral Ways, without giving them any thing to eat; or I kill them and Polecats, Weaſels, *&c.* ſeveral Ways, by laying ſomething for them to eat, which is no way poiſonous or dangerous; with many other Receits never yet publiſhed. I have further to obſerve, that on the 12th of *June*, 1749, I brought to *London*, in order to be ſent further, three four-wheel Drill-ploughs, one fallow Plough, a ſowing Plough, a Chaff-cutting Engine, and ſeveral other Inſtruments in Huſbandry; the whole Number for thoſe foreſighted Gentlemen, whoſe Induſtry deſerves high Praiſe, becauſe they endeavour to introduce the greateſt of Riches into their Country, even the Foundation of all Trade and Commerce, *viz.* the lateſt Improvements in the Art of Agriculture. If therefore I ſay theſe Inſtruments of Huſbandry, *viz.* the four-wheel Drill-plough, with its two little Harrows of ſix Teeth each, and its two little iron Gatherers, that gather up the Mould, and leave it over the drilled Corn; the Horſe-Break likewiſe, with its two larger iron Gatherers, that ſurpriſingly deep gathers up the Mould of two Interval Grounds, as the Break is drawn along, and leaves it againſt the Stalks of Corn, without bruiſing them; were to be bought by ſome Perſons, who occupy much Land, proper for their Uſes, for hundreds of Pounds, I queſtion whether they would buy them too dear. To which I add, that by the Work of this Plough and Break, and a proper Manure that is to be ſow'd out of the Manure-Hopper on the drilled Seed; no Worm, Slug, Snail, Fly, or Grub, can live near the drilled Corn. And I wiſh our

Engliſh

Engliſh Gentlemen were as forward as Foreigners, in thus promoting the Intereſt of their landed Eſtates. And for Proof of what I here write of the Drill-plough and Horſe-break, *&c.* their Operations may be ſeen at my Farm in *Little-Gaddeſden* aforeſaid.

N. B. As the four-wheel Drill-plough ſows Corn, the Horſebreak almoſt finiſhes hoing the interval Ground. Alſo that theſe Inſtruments will ſave great Expences in large Gardens, and in manuring of Land: For that Quantity of Manure, uſually employed to dreſs five Acres of Land the common old Way, will dreſs fifty Acres in the new Drill Way.——This is the Break that exceeds all other Horſe-breaks whatſoever, or any Hoe-plough of any Sort; for after it has hoed the interval Ground between the Drills of Corn twice in a Summer, and thereby killed all manner of Weeds, the Hoes are taken off, and the Gatherers are put on for two Men to hold and guide, becauſe it cleans three interval Lands, as it is drawn along by only one Horſe, at once, and throws up Mould to the drilled Corn, as aforeſaid. And thus a Field may be ſown every Year with Grain, Turnips, Cole, or artificial Graſs, fifty Years together, without any Occaſion to let it lie in the uſual Way to fallow it at all, and this with the leaſt Expence poſſible: For by theſe excellent Inſtruments the Land is kept in the fineſt Tilth, free of Weeds, and manured in the ſweeteſt and richeſt Manner; ſo that the pooreſt, chalky, hurlucky, ſandy, and other ſhallow, lean Earths, may be fertilized to a very great Degree, and thereby made to bear large Crops of theſe Vegetables, to the greateſt Advantage of the Owner; to the Parſon, by the Increaſe of his Tythes; to the labouring Men, and to the Nation in general.——I alſo recommend my Treatiſe on Sheep and Lambs, that I publiſhed laſt Year, as the moſt uſeful Book that ever was wrote of the Kind (for preſerving them from the Rot, Red-water, Wood-evil, and all other Maladies, and for feeding them fat in a ſhort Time, with the leaſt Charge, and in the ſweeteſt Manner) which is ſold by *R. Baldwin*, Jun. at the *Roſe* in *Pater-noſter-Row*, *London*.

OF THE

Butter and Cheeſe DAIRY.

IN many Parts of *England* a freſh Butter-Dairy is thought to return the greateſt Profit, when it is carry'd on within forty Miles, or ſomething better of *London*, becauſe at this Diſtance of it, the Carrier or Higler can convey it timely and ſweet enough for a beneficial Market; but a much farther Diſtance from the Metropolis obliges the Dairy Farmer to ſalt down his Butter in earthen Pots, Tubs, or Barrels, againſt a proper Sale Time; for which *Suffolk* and *Yorkſhire* are famous. And it is thought by ſome, that making of Butter is more profitable than either making of Cheeſe or ſuckling of Calves (unleſs the two laſt are carried on by the Feed of artificial Graſs) becauſe in making of Butter, there is ſkim Milk for the Service of a Family, which will in ſome Caſes ſupply the Uſe of new Milk, eſpecially if Oatmeal or ſome other right Ingredient is mix'd with it.

Of a Vale Butter Dairy.—THERE is no great Difference between ſome Vale Dairy Farms, and ſome Chiltern Dairy Farms. In Vales they ſeldom feed their horned Cattle on any but natural Graſs and its Hay, becauſe moſt of their Land is unfit for Clover, Ray-graſs, Saintfoin, Trefoil, Lucern, Turneps, *&c.* But although they want theſe profitable Conveniencies, which moſt Chiltern Farmers enjoy, yet are theſe Deficiencies much compenſated by the Richneſs of their Paſture and Meadow Ground; for as it is generally of a fat blackiſh marly Nature, and lies low near the warm Springs, they have a Bite of Graſs, when that on hilly Land is cut off by Froſts or by Heats, which has ſuch an excellent feeding Quality in it, that if a Cow can but have enough for a Bite, and Plenty of Water with it, ſhe will milk well, which is what cannot be ſaid of the upland Meadow. But where their low wet Ground produces ruſhy or coarſe flaſhy Graſs, it cauſes a Cow to give a poor watry Milk, and that a pale rankiſh Butter: For it is a true Maxim, that as the Feed is, ſo is the Milk, Butter, and Cheeſe.

Furniture

Furniture neceſſary for carrying on a Butter Dairy in Vale or Chiltern Countries.—THESE are a Churn, leaden Coolers, aſhen Tubs and Pails, braſs or earthen glazed Pans, Sieves, Straining-cloths, Butter Trenchers, wooden ſhaping Diſhes, Trays, Baſkets, Weights and Scales, *&c.* The Churn may be either of the Barrel or the Upright Sort. I uſe both; the Barrel, when I churn a large Quantity; the Upright, when I churn leſs. The Barrel is certainly the beſt Sort, becauſe it is work'd with the leaſt Labour, with the leaſt Waſte of Cream, and with a much more regular Motion. By the Barrel Churn, one Man alone can ſometimes churn four or five dozen Pounds without the leaſt Loſs of Cream, when one dozen Pounds will ſometimes make it hard Work for him to churn it in an Upright one, with the Loſs of ſome Cream that unavoidably will plaſh up and waſte in the Top Part. And what likewiſe much contributes to the making of good Butter is, if a Dairy with a ſufficient Number of Cows belonging to it be furniſhed with leaden Coolers, which are always made in a ſquare Form, from two Foot ſquare, to two Foot one Way and four another. Theſe are firſt made boarded Frames, and then lined with mill'd Lead, that are to ſtand unremoved; for here the Milk lying ſhallow and wide, the Cream may be commodiouſly taken off, by letting the ſkim Milk or under Milk eaſily out by a Cork-hole, and the Lead readily waſhed and cleaned. In ſhort, theſe profitable ſquare leaden Receivers or Coolers are the very beſt Contrivance of all others for a Dairy Farmer's Intereſt, eſpecially throughout the Summer Seaſon, for in hot Weather they will caſt up the moſt Cream. And as theſe were firſt made in *Buckinghamſhire* and *Bedfordſhire*, near me, I ſend them to Gentlemen at any Diſtance, on a proper Order. The next is the ſhallow Tub, which is preferred to Lead by ſome for its Cheapneſs, and for keeping Milk in a leſs Compaſs, and warmer in Winter, and thereby raiſing the more Cream. But theſe have alſo their Inconveniencies, for by their being ſooner apt to fur and ſour the Cream than Lead, they are with more Difficulty clean'd and dry'd. And why I mention them to be made with Aſh (as well as milking Pails) is, becauſe this Wood is white, and eaſily kept ſo, to the Delight of the Dairy-maid. The next Sort of Dairy Utenſils, for holding Milk and raiſing Cream,

are braſs Pans: Theſe in former Days were much more in Uſe than at this Time, though by many they are ſtill thought more proper for a hot Dairy than earthen glazed Pans. Others are of Opinion, they are unfit for either a cold or hot Dairy. Some again ſay, they are the beſt Sort for both, becauſe they are light in Hand, and more eaſily and ſafely cleaned than Tubs or earthen Pans, provided they have a right Management beſtowed upon them, as they will then give the Cream no ill Taſte; for which Purpoſe they muſt be preſently clean'd after the Milk is out of them, and always made thoroughly dry before more is put in; nor muſt the Milk remain too long in them. The ſixth Sort of Dairy Utenſil is the earthen glazed Pan: Theſe in ſmall Dairies are in general Uſe, becauſe they are cheap, handy, cool, eaſily clean'd, and ſoon dry'd, but are very ſubject to be crack'd by ſcalding Water, and to be broke by Accident; however, they are ſerviceable both in hot and cold Dairies. And as to their cracking by ſcalding Water, I will by and bye ſhew a Way to prevent it. The ſeventh Dairy Utenſil is a hair Straining-ſieve: This is a very ſerviceable one, and muſt be had of a proportionable Size to the Dairy. A large Sieve is about 18 Inches wide, and the Hoop ſix Inches deep; for by this Bigneſs it readily receives and diſcharges a large Quantity of Milk through it, leaving all Hairs and other Filth behind.

The Improvement of Milk and Cream.—THE Improvement of Milk and Cream is chiefly to be obtained by Cleanlineſs, timely Skimmings, and preſerving the Cream ſweet, which three Articles I ſhall make my Obſervations on. And firſt of Cleanlineſs, which I here mention as a preliminary one, for being the Foundation of making good Butter. A Company of Farmers diſcourſing on this Subject ſaid—Such a one is an excellent Dairy-maid, for ſhe always in Summer and Winter boils the Water ſhe waſhes her Dairy Things with.—For which Purpoſe, no Farm-houſe, where ſix or more milch Cows are kept, ſhould be without a fixt Copper in it, to heat a good Quantity of Water at once, not only for waſhing the milky Utenſils, but alſo for ſcalding Pails, and thoſe other ſmaller Things that are not too large for being boiled in it. The Square, ſhallow, leaden Veſſels indeed need not be ſcower'd with hot Water in Winter, but in Summer it is abſolutely neceſſary, and ſhould always be ſcower'd

with

with ſoft Soap-boilers white Aſhes, or with fine ſifted Wood-aſhes, or with white Salt, or with very ſoft Sand; and this with either ſoft Leather, Straw, or Hay; for hard Coal-aſhes, hard Pearl-aſhes, or hard Sand, would be apt to give the ſmooth mill'd thin Lead or Tub a rough or furring Coat. In the next Place, no Servant Man or Boy ought to have Freeneſs into the Dairy-Room, becauſe they are apt to take a Lick of the Cream, or a Cut of the Butter, and leave ſome Dirt of their Feet behind them, which turning to Duſt, may damage the Milk and Cream. In ſhort, a Dairy Floor ought to lie on a pretty ſharp Deſcent, for carrying off all ſpilt Milk or Water often employed in waſhing it; for without a Dairy-room is kept cool and ſweet in Summer, little good Butter is to be expected. A Dairy-room being thus kept clean and in good Order, the Milk ſhould have twelve Hours in hot Weather before it is ſkimmed the firſt Time, but in cold Weather as long again, for making the beſt and moſt prime Butter. In ſome Dairies they let their Milk remain more than two Days and two Nights, for ſkimming off two or three Creams, till it looks of a whitiſh blue Colour, and then they think this ſkim Milk good enough for Hogs. And to keep a Parcel of Cream in a ſweet Condition, till enough is got together for churning, there muſt be both Care and Art employed; for although Cream may be ſkimmed in right Order, yet it may be damaged if not ſpoiled in keeping. To prevent which, the moſt common Practice in hot Seaſons is to empty the Cream out of one ſcalded glazed earthen Pot every Day into another, till cold Weather comes in, and then once doing this in two or three Days Time will be ſufficient. Others are of Opinion, that if Cream is ſet in a very cool Place, it need not be ſhifted but once in two Days in Summer, and but once in four Days in Winter, ſtirring it about at every ſhifting; yet there are ſome Farmers who are obliged to churn but once a Week, and keep their Cream accordingly: In this Caſe they are forced to boil now and then a Parcel of Cream, for putting it to more raw Cream to preſerve it ſound, or to put ſome hot Milk from the Cow to it, or add ſome Salt to it.

The Uſe of the new-invented Barrel Churn in Winter.—A Barrel Churn is ſo late an Invention, that the Uſes of

it are known but in few Counties in *England*. *Buckinghamſhire* and *Bedfordſhire* juſtly claim the firſt Practice of this moſt ſerviceable Dairy Utenſil, that every Year comes more and more into Faſhion, for its being eaſily and quickly clean'd, as well as its being work'd with much Facility and leaſt Waſte of Cream, and expeditiouſly producing the ſweeteſt Butter. I know of no Author beſides myſelf that has wrote on the profitable Uſes of this excellent Barrel Churn. And as there is a late Improvement found out, and added to it, more than I have taken notice of in this or in any of my former Works, I intend hereafter amongſt many others to inſert a Cut of it in my Book to be intituled *New Diſcoveries of Improvements in Huſbandry*.—In Winter time, a little before this Barrel Churn is uſed, my Dairy-maid pours boiling Water into it, and after giving it two or three Turns in a Quarter of an Hour, the Water is diſcharged, and the common Straining-cloth is placed over the Bung-hole, for ſtraining the Cream thro' it into the Churn. When the wooden Bung is faſten'd in, the Work begins near the Fire-ſide to preſerve the Heat the hot Water left behind it; for if the Cream gets colder, the Butter will be the longer coming; therefore a quick turning of the Handle, like that of a Grind-ſtone, to beat and keep the Cream warm, is perfectly neceſſary in cold Weather eſpecially. And ſuch Turning ſhould be perform'd with a conſtant as well as even Stroke, for the better ſeparating the oily or buttery Part from the thinner Part of the Cream; for if the Cream is turn'd too ſlow in Winter, you may perhaps churn a Day together and not get Butter. Hence it is, that for preventing any Intermiſſion in working the Barrel Churn, when one is tired, another continues the ſame quick Stroke, till they find the Cream ſlops more lumpy than before. Now in churning with a Barrel Churn, the Maid is obliged every now and then to pluck out the Vent Peg, for letting out the Wind that the Barrel contracts in beating the Cream into a Fermentation, and this ſhe does moſtly in the Beginning of her Work, perhaps five or ſix Times in all; and when ſhe thinks the Butter is come, ſhe turns ſlowly, for cauſing it to gather into a Body ſooner, and by taking out the Peg ſhe can better tell if it is ſo; for if the Butter is a little come,

there

there will be an Appearance of it like little Pins Heads: When it is fully come, ſhe lets out the Butter-milk, and gathers the Butter into Parcels or Lumps.

The Uſe of the Barrel Churn in Summer.—THERE muſt be different Methods made uſe of in churning Butter in Summer than in Winter, and the ſame in ſeveral other Branches of the Dairy. In Summer, contrary to the Winter Practice, we rince the Barrel Churn with cold Water juſt before we put in our Cream, and begin and continue churning an even ſlow Stroke, in order to prevent beating the Cream into too great a Heat, for in ſultry hot Weather, notwithſtanding the Churn is ſo rinced with cold Water, Butter has come in leſs than half an Hour's Time, which in froſty Weather would not perhaps under an Hour, two, or more. And herein lies much of a Dairy-maid's Care and Art; for if this Churn is turned too faſt, the Violence of the Motion will be apt to overheat the Cream, and then the Butter comes irregular, is very difficult to gather into Lumps, looks Pale like Greaſe, has a very rank Taſte, and will not keep.

The Uſe of the Upright Churn, &c.—THIS is the moſt ancient and moſt common Churn now in Uſe, chiefly becauſe the Uſe of the Barrel Churn is not more known. If a large Quantity of Butter is to be made at once, it cannot be done in an Upright Churn, becauſe it neither admits of Room enough, nor Strength enough to work it in the common Way by one Perſon. But as there is an Improvement found out and made uſe of, to work this Churn with more Eaſe than in the common Way, I intend to give a Cut of it in one of my Books as beforementioned. However, I will ſuppoſe Butter made to the greateſt Advantage in this Churn, yet it muſt be done in a far leſs Quantity, in a more laborious, and in a more waſteful Way than in a large Barrel Churn. It is true, that an Upright Churn gives a Perſon an Opportunity to place its Bottom Part in a Tub of warm Water, to keep the Cream in ſuch a Heat as will expedite the coming of the Butter; but then we account it almoſt an equivolent Conveniency, when we rince the Barrel Churn with ſcalding Water, and work it before a Fire. There are wooden Upright Churns and earthen Upright Churns, both which in Winter and

Summer cauſes the Churner much Labour, and eſpecially ſo, if the Cream is ſtale, for then the Butter ſeldom comes under two Hours working; therefore when theſe Sorts are made uſe of, Butter ſhould be churn'd in them twice a Week; for the newer the Cream, and the oftner the Churn is uſed, the ſooner the Butter will come.

How to make Butter from the Food of Clover, Trefoil, Ray-graſs, or Lucern Graſſes.—As I am Owner of various Sorts of Earths; amongſt the reſt, I have ſome Fields of a gravelly and chalky Nature: Theſe I have ſown with Ray-graſs, Trefoil, Saintfoin, and Lucern Graſſes, as I have done my ſtiff Loams with Clover, *&c.* Now to make good Butter from the Food of any of theſe Graſſes, is what very few know how to do; but I ſhall endeavour to ſhew how it may be done from my own Practice, for I keep a Dairy in a Chiltern Country, and feed my Cows with both artificial and natural Graſſes; and as a few of my Fields lie at ſuch a Diſtance from my Houſe, that it would hurt and make my Cows Feet ſore to drive them daily to and from it, and thereby greatly leſſen their due Quantity of Milk (for a little Way driving a Cow does much Miſchief in this Reſpect) I oblige my Servant to mow a Parcel of artificial Graſs every Day, or every ſecond or third Day, and bring it home in a Cart, for laying and ſpreading it thinly over a covered Floor, in order to give it my Cows in Racks under Cover, undiſturb'd from Flies, and free from ſuffering by the ſcorching Heats of the Sun. Thus I feed them (this preſent Summer, 1749) without Danger of hoving or ſwelling them; a Misfortune ſo incident to Cows, when they feed on Clover eſpecially, and on Lucern Graſs in the Field, that thouſands have been killed by it; but Trefoil, Saintfoin, and Ray-graſs, are the leaſt ſubject to hove and ſwell the Beaſt, and I am certain that a good Butter may be made from any of theſe three Graſſes, if a right Management attends the Milk, the Cream, and the making of the Butter; to which I add, that where a very large Dairy is carried on, and many Acres of Land are ſown with artificial Graſs for this Purpoſe, and where Cow-houſes are ſituated near the Field, there I ſay it would be of great Advantage to a Farmer to mow any of theſe Graſſes every Day, for giving it in

due

due Quantities to Cows; becauſe the freſher it is thus given, the more Milk it will produce. And thus a Perſon may go on mowing every Day except *Sundays*, from the Beginning of *May* to *Michaelmas*, and to provide for *Sundays*, it is only mowing a double Quantity on *Saturdays*, which may be very conveniently done, where much Ground is laid down with ſuch Graſs, for by the Time the Mower gets to the End of it, he may begin again where he firſt began to cut. This therefore gives a Farmer, that occupies large Tracts of ſuch grazing Land, a far greater Opportunity to make more of his Dairy than a ſmall Farmer can, who for want of Room is deprived of this valuable Opportunity. Suppoſing then, that a Farmer enjoys theſe Conveniencies, one Acre of good ſowed artificial Graſs will keep two Cows as well as two Acres of Meadow Land can; and provided he has a good Cellar and all Neceſſaries, if he has not good Butter, it is for want of Skill and right Management, which leads me to obſerve, that there are Ways of making Butter good from artificial Graſſes—Firſt, that our Houſewife begins in *May* at furtheſt, and holds the ſame till *Michaelmas*, to ſkim her Milk every twelve Hours, that milk'd in the Morning at Night, and that milk'd at Night in the Morning; for if Cream ſtands too long on this Milk in Summer, it will ſurely cauſe the Butter to taſte rank. And as a further Security againſt this Evil, a true Houſewife will boil her earthen Cream Pots well, and not uſe them before ſhe has ſet them abroad, to make them thoroughly cold, for ſhifting the Cream into them; and where a Perſon keeps a ſufficient Number of Cows for producing Cream enough, to boil ſome to put to the raw Cream, and churn once in two Days. In ſhort, to prevent any Rankneſs of Taſte in Butter made from foreign Graſſes, the ſweeter the Utenſils are kept, the ſooner the Butter is churned. The more it is waſhed in different Waters before it is made up into Pounds, and the more it is beaten between two Trenchers to clear it of the Milk, the ſweeter will be the Butter, and the longer it will keep ſo: Which brings to my Memory the Loſs that a Gentleman ſuſtain'd by having a bad Dairy-maid.

The Loſs that a Gentleman ſuſtained by keeping a lazy ſluttiſh Dairy-maid.—THIS Gentleman was a Bachelor well advanced in Years, and Owner of a very large Farm,

Farm, where ſixteen Cows and a Bull had been kept on the grazing Part of it, who (being obliged to take his Farm into his own Hands) was ſo opinionated in his Ways, that it was very hard to convince him of his Errors: Amongſt which, one was his keeping an unſkilful, lazy, ſluttiſh Dairy-maid, that frequently had very rank Butter, by means of her ill Management of her Utenſils, her Milk, her Cream, and her Churning; inſomuch that the common Higler, that cuſtomarily bought it for ſelling it at a *London* Market, refuſed it ſeveral times on Account of its ill Properties, which obliged the Gentleman to ſend it about the neighbouring Parts of the Country, and get what Price he could for it, to his Loſs, for that ſuch damaged Butter was ſold for little more than half the Price good Butter would then fetch; which I think is Hint enough to ſhew the Value of a ſkilful diligent clean Dairy-maid. For theſe Reaſons it is that I have been employed by Gentlemen to ſend them Dairy-maids out of the Vale of *Ayleſbury*, as I live near the Edge of it, and have an Opportunity to hire thoſe of a good Character, and who are well qualified to make good Butter and Cheeſe. This therefore is to inform all Gentlemen and Ladies, that if they will give encouraging Wages, I undertake to provide and ſend thoſe that I hope will fully anſwer their Expectation: I alſo on a proper Order am ready to furniſh them with any Number of ſquare Leads, Barrel Churns, or any other Dairy Utenſils.

The Nature and Value of After-Butter.—THIS Sort of Butter is more conveniently made in large Dairies than in ſmall ones: After-Butter is that which is made from the ſecond Skimmings of Milk; after the firſt Cream is taken off, they let it ſtand till more Cream ariſes, and there be enough to make another Parcel of Butter. By this they have a prime fine Sort, and a ſecond coarſe Sort. Now both theſe are ſold in many Markets as well as at Chandlers Shops in Towns and in Country, without many Buyers knowing that one is made of the firſt Cream, and the other of the ſecond and worſe. And it is this After-Butter that ſerves many of the unconſcionable Sort to ſell it as prime or firſt Butter to two Sorts of People, one that has Money and no Judgment to diſtinguiſh it, and the other that has Judgment and not Money, and therefore dares not diſpute it with their Creditor Shop-keeper, becauſe

they

they can't pay for it on Delivery: And thus poor People generally pay as much for this After-Butter as for the firſt and better Sort. Notwithſtanding this, After-Butter is commonly ſold to the Connoiſſeurs in a Market for three half-pence a Pound leſs than the prime or better Sort. It is often the very ſame Caſe in the Sale of Whey Butter, of which much is made in Cheeſe Countries, where to preſerve their Whey Cream they boil ſome to put to raw Cream, and churn it twice a Week; for by boiling ſome it leſſens Rankneſs of Taſte, and helps to keep it ſweet the longer.

Artifices ſometimes made uſe of to expedite the Churning of Butter.—When Neceſſity provokes the Dairy-maid to make uſe of more than ordinary Art for haſtening the Butter coming, it never is ſo good as when the Cream is churn'd into Butter by only a regular and timely working of the Churn; for if hot Water, hot Milk, or hot Cream, is added to the Cream after it is begun churning, it is a Sort of Violence uſed upon its true Nature: The ſame when Pieces of Money, or any other Thing is put into the Churn for the ſame Purpoſe; yet to ſave Time and Labour, one or more of theſe Remedies is ſometimes made uſe of, but then this is commonly owing to ſome Miſmanagement of the Milk or the Cream, *&c.* As when the Milk freezes in the Leads or Pans, or when Cream is very ſtale by being too long on the Milk, or kept in a Pot too long before it is churn'd, or when the Churn is too cold in Winter Time at putting the Cream into it, or when too great an Intermiſſion is ſuffer'd in churning, *&c.*

How a certain Farmer manages his Milk and Cream, and churns his Butter.—This Farmer makes altogether uſe of a Barrel Churn, and one of the largeſt Sort; becauſe he keeps twenty Cows, and generally churns ſix dozen Pounds of Butter at a Time, by turning its two Handles with two Mens Labour. In Winter they let a Pail full of boiling Water lie in the Churn cloſe ſtopt up for a little while, to heat the Wood, and better prepare it for receiving the Cream and bringing it into Butter the ſooner: But for a greater Security of this, they boil a Gallon of the Cream taken from the ſame Morning's Skimmings; when it is ready, they put it into the Churn to all their cold Cream and churn away,

and

and if it get cold, and is longer than ordinary in coming, they pour in ſome ſcalding Water. Thus this Farmer churns, and the better for preparing his Milk and Cream to produce the beſt and moſt Butter in Winter, he diſtributes ſome of the laſt and beſt Milk or Stroakings amongſt his Pans of Milk, and in Summer he applies cold ſpring Water in like Manner, deſigning by both to raiſe the moſt Cream and keep it ſweet the longer; and to make his Barrel Churn anſwer his Expectation in hot Weather, he puts boiling Water into it at Morning to ſcald it, and after it has lain in it a Quarter of an Hour, he empties it, and pours in cold Water to ſtand two or three Hours, which he empties, for putting in the Cream directly to be churned.

How a neat Houſewife had the ſweeteſt of Butter.—She kept two large milch Cows always on natural Graſs or Hay, and during all the Summer-time ſhe uſed to ſkim every Meal's Milk, that is to ſay, ſhe ſkim'd twice a Day, and got three or four Pints of Cream each Time, which ſhe boiled in a Skillet, that ſhe waſh'd, but not ſcour'd, for if ſhe ſcour'd her Braſs Skillet, it would cauſe the Milk or Cream to taſte of it; and as ſhe churn'd but twice a Week, ſhe thus kept her Cream ſweet in the hotteſt Weather, and had the very beſt of Butter. Not like another, who, to make her Butter have a yellowiſh Caſt, would at every Cow's calving in Winter-time, for the firſt two or three Meals, put a Diſh or two of what we call Beaſtings or Beaſtning into her good Cream.

Of ſeveral Sorts of Food, that occaſion Cows Milk to make indifferent Butter, with Ways to help it.—Of theſe I ſhall take notice in particular, becauſe no Author has yet done it, as they relate to Milk, Butter, Cheeſe, and Fleſh.—Turneps, Cole or Rape, green or dry Thetches or Vetches, are none of them ſo ſweet and good as the Feed of the moſt excellent natural Lady-finger-graſs Seeds, Tyne-graſs Seeds, Honey-ſuckle Seeds, and another. Turneps give Milk ſo rank a Taſte, that it is eaſily perceived by the Eater; Cole or Rape a worſe, eſpecially when it is old; ſomewhat of the like does green Thetches and Clover, but Saintfoin, Trefoil, and Ray-graſs are better: Thus alſo do the Leaves of Trees affect the Milk in *September* and *October*, when they fall; likewiſe in *April* there is little good freſh Butter to be had, becauſe this Month being between Graſs and Hay, ſome Farmers are neceſſitated

ceſſitated ſtill to give their milch Cows dry Thetches in Straw, that are of a hot bitteriſh Nature; or Pea-ſtraw, Bean-ſtraw, or indeed any Straw where Hay or better Food is wanting. Grains alone produce but a watery inſipid Milk, but when mixt with Chaff, Bran, or Malt Duſt, it does much better: Now as theſe Sorts of Food do not breed a delicate ſweet Milk, there are two Ways to help it; one is by ſkimming ſuch Milk ſoon and only once, and with ſuch Cream to make Butter, but the beſt Way of all is to ſcald the Milk in Part, or in the Whole; that is to ſay, if ſome of the Cream is ſcalded and put to the raw Cream, it will help to leſſen the ill Taſte of Butter, but much better if all the Milk is ſcalded; and how to ſcald it, I ſhall preſently ſhew. In the mean time, I think it neceſſary to acquaint my Reader with the pleaſant and healthy Effects of four Sorts of natural Graſs and their Hay, as they relate to the making of the ſweeteſt Butter and Fleſh.

The Character of the Lady-finger Graſs and its Hay, &c.—THIS is a true hardy natural Graſs of *Engliſh* Growth, exceeding in Sweetneſs and Goodneſs all other Graſſes whatſoever. Theſe Qualities are truly warranted by even the Cattle that feed in Meadows where it grows, for they will eat this firſt and before all others; and whether it is given in Graſs or Hay, it invites and feeds Fawns, Deer, Lambs, Sheep, and Bullocks, and makes them fat with great Expedition, producing the ſweeteſt and wholſomeſt of Fleſh. When Cows feed on it, they yield a Milk that makes the fineſt of yellow-colour'd Butter and Cheeſe, and which is prefer'd for being drank from the Cow, as conducing the more to the Health of the Drinker; and the ſame for its Cream to mix with Tea, for as a Phyſician well obſerves, Milk, tho' in its own Nature healthy, is more or leſs ſo as the Feeding of the Cows and the Diſpoſition of the Cattle are. This Lady-finger Graſs I am the firſt Diſcoverer of, for making it known in this publick Manner. It will grow in the pooreſt or richeſt Ground of any Sort; and, if it be not mowed too ſoon, it will prove in a great Degree Corn and Hay, for it is a podded Graſs. Hence I am led to obſerve, that it has been a reigning ill Cuſtom for Perſons to lay down their plow'd Ground with a promiſcuous Mixture of common Graſs Seed; by which Means they may ſow the Seeds of Plantane, Hemlock,

Rennet-

Rennet-wort, Crow-garlick, Horſe-mint, Clivers, Dog-parſley, Penny-graſs, Couch or Quitch Graſs, Clob-weed, White-aſh, Sorrel, Dock, and yellow and white Daiſy-flower Sort, *&c.*—The Plantane by its broad Leaves hinders the Growth of better Graſs. The Penny or Rattle Graſs has its Faults. Quitch-graſs is a ſour and coarſe Sort, unfit to grow in any Ground. The Knot or Clob-weed Graſs is a very great Brancher, has high thick Stalks and Knobs at their Ends like Buttons, is a great Increaſer, and hinders the Growth of better Graſs, therefore it provokes ſome to ſtock it up with a Mattock. White-aſh is much rejected by Cattle, and ſo is the ſour Sorrel, for hardly any will eat it. The ſame may be ſaid of the bitter yellow Flower and Daiſy, *&c.*—The Lady-finger-graſs Seed I ſell (as aforeſaid) with three other Sorts of the natural Kind, and ſend them to any Perſon on a proper Order, with ſuch Directions for their Management, that they need loſe no Time in obtaining a laſting Meadow of the ſame. Two Gallons of Milk from the beſt Graſs that grows have produced as much Cream as three Gallons from flaſhy or weedy Graſs: This Lady-finger Graſs, which (as I ſaid) is the moſt excellent of all other Graſs, with the three others, gives a Cow a Milk that produces in the Calf a Bag of the moſt Value for making the beſt of Rennet, and conſequently the beſt of Cheeſe. And that Perſons may know how to come by theſe four Sorts of natural Graſs-ſeed, if any will ſend me a Letter, I will anſwer it, provided Poſtage is paid to my Houſe at *Little-Gaddeſden*, near *Hempſtead*, in *Hertfordſhire*, which ſtands thirty Miles to the Northward of *London*.—The Expence of laying down one Acre will be as follows, *viz.* Three Pounds of Lady-finger Graſs-ſeed, ſeven Shillings and Six-pence; four Pounds of Tyne-ſeed, four Shillings; four of Honey-ſuckle Seed, four Shillings; four of another Graſs-ſeed, four Shillings; in all nineteen Shillings and Six-pence. And to ſow the Land effectually with theſe Seeds, it muſt be firſt plowed till it is as fine almoſt as Aſhes; and after the Seed is ſown, there muſt be a particular cheap Sort of Manure ſowed over the ſame that I can ſpecify, to prevent the ill Effects of too long Drought, Slugs, Worms, Flies, and Froſts; and to fertilize the Surface, ſo as to puſh forward the Growth of the Seed with Expedition.

The

The exact Method of preparing ſcalded Cream for making it into Butter the Devonſhire *Way, by a Correſpondent at* Stowford, *near* Ivy-bridge, Feb. 25, 1746-7.

SIR,

ACCORDING to your Deſire, I herewith ſend you our exact Method of making Butter from ſcalded Cream. The Morning's Milk is commonly ſet over the Embers about four o'Clock in the Afternoon; but this varies according as they have more or leſs of theſe Embers in a right Heat, for many will ſet their Milk over them as ſoon as they have done Dinner, as there is then commonly a good Quantity of them free of Smoak, and are ready without the Trouble of making them on Purpoſe: The Evening's Milk is commonly ſet over them about eight o'Clock next Morning, ſooner or later; however, Care muſt be taken not to do it before the Cream is well ſettled on the Milk, which will be in the beforementioned Time. And as to the Quantity of Milk we ſcald at once, it is very different: From one Gallon in a Pan to three or more; and the Meaſure of each Pan of the biggeſt Size is three Gallons, or three and a half. There are Pans of ſeveral Sizes leſs, but the moſt common Quantity is about two Gallons, or two and a half in each braſs Pan; and braſs Pans are commonly uſed for this Purpoſe, as they are certainly the beſt of all other Inventions, becauſe the Milk will both heat and cool ſooner, and far more ſafe than in the earthen Sort; for theſe (eſpecially in Summer-time) are too long in cooling; and as the Cream cannot be uſed before it is cold, theſe earthen Pans are in Diſuſe. I never ſaw any of them uſed in this Manner but at Sir *John Rogers*'s: Their Reaſon was, that they are ſomething ſweeter than braſs Pans; and I muſt confeſs they are ſo, if the braſs ones are not kept in the niceſt Order poſſible. As to the Height of the Pans ſtanding above the Embers, it is according to the Height of the iron Trevit, which is commonly about ſix Inches, with this Difference; if on a Stove ſix Inches, if on a Hearth eight Inches, the latter being moſt in Uſe. As to the exact Time of ſcalding the

the Milk, to have a full clouted Cream on it, it is about one Hour; yet this varies according to the Heat of the Embers, and therefore it is ſometimes two or more Hours, but ſeldom leſs than one. However, a moderate Heat is beſt for raiſing the thickeſt Cream; and you may eaſily diſcover when it is ſcalded enough, by a little ſwelling of the Cream, and then it muſt be immediately taken off the Fire. That which is ſcalded in the Morning muſt be ſkim'd in the Evening; and that in the Evening or Afternoon the next Morning, with the Hand only. When they have but little to ſcald at once, they ſave ſeveral Meals together, and then ſcald it; but this does not make the beſt Butter. When they have no Embers, they uſe clean dry Wood to burn under the Pans, but they always refuſe to burn rotten Wood, becauſe it is apt to give the Butter an ill Taſte. The Chimney muſt be kept very clean from Soot, leſt any drop into the Milk. Sometimes, when the Pans are not very clean, they rub them with Bay-leaves (or in caſe they are very bad, they boil the Leaves in the Water they waſh and ſcour the Pans with) for theſe Leaves are great Sweetners and Cleanſers, and ſhould be frequently uſed for this Purpoſe, eſpecially in the Summer Time.

The exact Method of churning ſcalded Cream into Butter, according to the Devonſhire *Way.*

SIR,

I Have further to add, that our Method of churning ſcalded Cream is the moſt expeditious of any I ever ſaw, and is done with the leaſt Trouble. The Butter is made in a large wooden Bowl, or ſhallow Tub, according to the Quantity; and this they do by keeping the Hand with the Fingers half bent in a conſtant ſtirring of the Cream at the Bottom of the wooden Bowl or Tub. Sometimes in leſs than a Quarter of an Hour the Butter will come; at longeſt they ſeldom exceed half an Hour. And this will be performed the ſooner, by obſerving (when you begin to make the Butter) to ſave out all the thinneſt of the Cream, untill the thicker harder Sort begins to turn, and then add the thin Cream; for the thicker Part being of a harder Conſiſtence, is the chief Cauſe of the Butter being

ſo

ſo expeditiouſly made. The Quantity of Butter made at once is from a Quarter of a Pound to ten Pounds, but ſeldom more than ten. The greateſt Trouble in a large Quantity of Butter is in waſhing it, beating it, and making it up. Of the Quantity of Milk that will make ſo much Butter I can't give you any exact Account, for Experience only muſt do this, becauſe ſix Quarts of ſome Cows Milk will produce as much Butter as eight of others: Different Paſture will cauſe it to vary much. But to give you the beſt Account I can, I muſt add, that a Pint of hard Cream is reckon'd to produce one Pound of Butter; which I believe you may depend on, as I had it from one of our moſt credible Dairy Neighbours. As to the Way of making up the Butter, it is the ſame as your's. I think I need not enlarge further, becauſe I hope this will give you Satisfaction from, Sir, your moſt obedient Servant. —— This Account came to me with ſeveral others from a Servant I ſent to live with *John Williams*, Eſq; at *Stowford* aforeſaid, who being a Bachelor did not make Butter, but bought it of his Neighbours (I ſuppoſe his Tenants.) This young Man, well ſkilled in Huſbandry Affairs, lived in this Country about three Years, and collected for me ſeveral valuable Improvements.

A Somerſetſhire *Dairy-Maid's Account of making Butter with ſcalded Cream.*—She ſays, they ſtrain their Milk directly from the Cow in the Evening into braſs or earthen Pans, and ſet them on iron-leg'd Trevits, high enough for burning Wood under them, which muſt be of the dry Sort, that it may burn with the leaſt Smoak. But the Burning of Charcoal in Stoves under the Pans is the more regular and ſweeter Way of heating the Milk. There are ſeveral Signs to know (ſays ſhe) when the Milk is ſcalded enough; one is, by feeling it with the Finger, for when you can but juſt bear it in the Milk, it is in a right Heat to take off; a ſecond is, when the Milk appears crinkly on the Top; a third is, by the dull Sounding of the Braſs Pan: Then take off the Pan, and ſet it by till next Morning. But the Milk muſt not boil, for if it does, it is ſpoiled for making Butter; becauſe the Cream will then riſe like a Skin, cut ſtreaky and white, and waſte away in little Scales: Therefore if a Pan of Milk boils, they never make uſe of its Cream to make Butter. Next Morning they take the Cream off with a Skimming-diſh, or with the Hand, and in cold Weather put it by for one, two, or

three Days, till they have got enough together for churning; then they put all the Cream into a Tub, and ſtir it about with the Hand or with a Ladle, till Butter comes. This is the Way (ſhe ſays) of churning and making Butter. She alſo ſays, that the Buttermilk by this Management is very ſweet, and (if mixt with ſkim Milk and ſome new Milk) will make good Cheeſe. She alſo further ſays, that to make Butter from Clover, Saintfoin, Raygraſs, or Lucern-graſs, ſo as to prevent its eating rank, the right Way is to make the Butter from this hot Dairy, becauſe the ſcalding of the Milk in a great Degree leſſens the Misfortune. This old experienced Dairy-maid aſſured me, that ſhe made Butter two Ways, when at home with her Father, a conſiderable Farmer; one by the cold, and the other by the hot Dairy; and that they ſold their ſcalded Butter for more Money than that made in the common old Way of ſetting the Milk cold.

The Somerſetſhire *Way to ſecure their earthen glazed Pans from cracking, that are to be uſed for ſcalding Milk.*—In this County (the Dairy-maid ſays) their Way to prevent the Fire from cracking their earthen Pans, which they ſcald their Milk in, is to greaſe them all over the Outſide with freſh Hogſlard, and when it is thoroughly dry'd into them by a Fire-ſide, or by the Wind or Sun, they may then be ſafely made uſe of to ſcald Milk in.

The Hertfordſhire *Way to prevent earthen Pans from cracking.*—In this County we make no more to do for preventing earthen Pans from cracking by the Fire, than to ſoak them before uſing in cold Water a Day or longer; after which they may be put into a very hot Oven with a Pye or Pudding, or Meat, without Danger; nor will hardly one of them in twenty crack, if boiling Water is put in, but will laſt perhaps as long again as if nothing was done to them.

The Welſh *Way of colouring Butter.*—Several Dairy People in *Wales* take care to ſow that Sort of Marigold-ſeed that produces double Flowers, and as theſe in a rich Earth and warm Situation will grow almoſt throughout a mild Winter, they ſeldom want wherewithal to colour their Butter; in order thereto, they bruiſe the Flowers in a Mortar, then put them into a Rag, to ſqueeze out their Juice amongſt the Butter, which, on being work'd in, will give it a fine yellow Colour and wholeſome

Quality.

Quality.—Others ſay a little bruiſed Saffron in Water will ſupply it; but as Marigolds are readieſt and cheapeſt, every Dairy Farmer in particular ſhould have a Bed of them, for as much as a Quantity of their Flowers will yield a Quinteſſence little inferior to Saffron for many Uſes.

Of ſalting, potting, and barrelling Butter, and how to know good Butter from that which is bad.—THE ſalting of Butter is the more neceſſary to treat of, as there are ſeveral Sorts of Butter potted and barrel'd, and more than one Way of doing it: There is an After-butter, a Whey-butter, a damaged Butter, and a new good Butter, ſalted down. The After-butter is that freſh Sort made from the ſecond Skimmings of Milk. The Whey freſh Butter is that made from the Skimmings of Whey, which produces but a poor Cream, rather worſe than the laſt. The damaged Butter may at firſt be a good Sort of freſh Butter, but for Want of Sale it becomes ſtale and rank; or it may be that Butter that is damaged by ſome Extream in making. The new freſh Butter wants no Explanation. The After or Back Butter generally begins to be made in *May*, and continues ſo till near *Lammas-day*, by which the Dairy Farmer has an Opportunity to make the very beſt prime freſh Butter, for which they ſkim their Milk at twelve Hours End, and likewiſe take the ſame Time for ſkimming their After or Second Cream. Now to know ſuch After or Back Butter, the firſt freſh Butter is generally yellow coloured, from the Flowers that the Cow eats at this Time of Year; but the other taſtes earthy, is whiter, and a little rankiſh. The Whey they ſkim once in twenty-four Hours, is whitiſh coloured, and has a little Taſte of the Cloth and the Cheeſe, and the ſame it is when theſe two Sorts of worſe Butters are ſalted and potted, or barrel'd down, for they both will taſte ſtronger than the fineſt firſt made Butter, and be of a whiter Colour, unleſs artificially coloured. However, if they are thus bad, the poor Perſons who are neceſſitated to labour hard for maintaining their Families, are obliged ſometimes to run into Debt at a Chandler's Shop for Bread, Butter, Cheeſe, and other Neceſſaries, and thus forced to pay for bad Butter at the beſt Price, altho' the Shopkeeper gives perhaps but little more than half

what the prime Butter coſts. —— A knowing Woman being at *Dunſtable* Market, and cheapening ſome Pounds Weight of freſh Butter, the Woman Seller aſk'd the beſt Price for it, but the Woman Buyer gave her to underſtand ſhe knew it was bad Butter, by ſaying the Mice had run over it; as much as to ſay, Mrs. bad Houſewife let the Cream ſtand ſo long on the Milk before it was ſkimmed, that it was got thick enough for a Mouſe to run over it, and therefore made a bad Butter.

Author's Method of ſalting down or potting Butter for his Family Uſes.—To do this, my Dairy-maid in the firſt Place makes a Brine ſtrong enough to bear an Egg, that it may be in a Readineſs to mix amongſt freſh Butter, for preſerving it ſweet and ſound ſome Time; when ſhe has churn'd her Butter, ſhe beats ſome Salt very fine, and ſalts it a little as they commonly do freſh Butter; this done, ſhe puts ſome Brine at the Bottom of a glazed Pot, and on that a Layer of Butter, which ſhe kneads cloſe down, and by the Impreſſion of her Knuckles ſhe leaves hollow Places ſufficient to hold ſome Brine; then ſhe begins a ſecond Layer of Butter, kneads it as before, and adds more Brine: Thus ſhe carries on this Work of potting Butter till the Pot is near full, and when ſhe has covered the whole with Brine, enough to ſwim on the Top of the Butter, and the Pot is well cover'd, the Work is finiſhed.

What an ancient Author writes of potting and barrelling up Butter.—You ſhall by no Means (ſays he) as in freſh Butter, waſh the Butter-milk out with Water, but only work it clear out with your Hands, for Water will make the Butter ruſty; this done, you ſhall open the Butter, and ſalt it thoroughly, beating it in with your Hand till it be generally diſperſed through the whole Butter; then take clean earthen Pots, exceedingly well glazed, leſt the Brine ſhould leak through the ſame, and caſt Salt into the Bottom of it; then lay in your Butter, and preſs it hard down within the ſame, and when your Pot is filled, then cover the Top thereof with Salt, ſo as no Butter be ſeen; then cloſing up the Pot, let it ſtand where it may be cold and ſafe; but if your Dairy be ſo little that you cannot at firſt fill up the Pot, you ſhall then (when you have potted up ſo much as you have)

have) cover it all over with Salt, and pot the next Quantity upon it, till the Pot is full. Now there be Houſewives (ſays he) whoſe Dairies being great, can by no Means conveniently have their Butter contained in Pots, as in *Holland*, *Suffolk*, *Norfolk*, and ſuch like; and therefore are forced to take Barrels very ſafe and well made, and after they have ſalted the Butter well, they fill their Barrels therewith. Then they take a ſmall clean Stick, and therewith make divers Holes down through the Butter, even to the Bottom of the Barrel, and then make a ſtrong Brine of Water and Salt which will bear an Egg, and after it is boiled well, ſkim'd and cooled, they pour it upon the Top of the Butter, till it ſwim above the ſame, and ſo let it ſettle. Some (ſays he) uſe to boil in this Brine a Branch or two of Roſemary, and it is not amiſs, but pleaſant and wholeſome. This ancient Author ſays further, that you may at any time betwixt *May* and *September* pot up Butter, obſerving to do it in the cooleſt Time of the Morning; yet (ſays he) the moſt principal Seaſon of all is in the Month of *May* only, for then the Air is moſt temperate, and the Butter will take Salt the beſt, and be the leaſt ſubject to ruſting.

Remarks on the aforeſaid ancient Author's potting of Butter.—THIS Author, I think, is a little too ſlight in his Advice, by ſaying it is enough only to beat out the Butter-milk with the Hands; for Butter that is to be potted down, is by ſome put and confined in a Preſs under Weight, the better to drain out the Butter-milk, but where this Conveniency is wanted, Hand-beating may do; next it is to be ſalted down in a Pot or Barrel, by laying it two or three Inches thick, and ſtrewing Salt between every Layer of Butter; at laſt to ſalt or brine as he directs. And whether it be Butter made in the cold or hot Dairy, it may be potted or barrel'd to a good Purpoſe, provided the Butter-milk is entirely got out, ſalted rightly, and done in a cool Air; for if Butter is barrel'd in very hot Weather, it will be apt to grow rank too ſoon: Therefore in ſuch Weather, where they have not a Cellar or other good Conveniencies, it is hazardous Work; and ſo tender are ſome on this Account, who are not under a Neceſſity of potting or barrelling Butter in the Summer-time, that they forbear doing it till

the latter End of *Auguſt*, when the Nights are pretty long and cool.—Again, when the ſalt Part of Butter decays, ſo as to cauſe it to grow bad, let it be taken under Care time enough. The Cure is, to waſh it well in more than one Water, then to ſalt and pot it down again; for this may recover it, and bring it to be good ſalt Butter a ſecond time.—So likewiſe may good ſalt Butter be made to become good freſh Butter, as many do to their great Profit; elſe the *London* Paſtry-Cooks, as well as ſome others, would be at a great Charge indeed, to buy always freſh Butter in Winter-time, when Butter is at the deareſt. Therefore it is the Practice in ſome Dairies, where they churn Cream enough to make ſix Pounds of Butter, to cut three Pounds of ſalt Butter into thin Slices, and juſt as the new Butter is coming, to put them into the Churn, and churn away till the whole Parcel of Butter is come. And if the Work is rightly carried on, both the ſalt Butter and the freſh, being thus churned into a Mixture, will all become good freſh Butter; but take care you do not put the ſalt Butter in too ſoon, for if you do, neither the freſh nor that will come. You may preſerve freſh Butter the longer, by keeping it in Brine.

Butter-milk Porridge.—BUTTER-MILK, when mixt with Oatmeal, may be made into good Porridge.

Butter-milk Haſty-pudding.—IN the Vale of *Ayleſbury*, where are many large Dairies, the poor People go from Houſe to Houſe to beg Butter-milk, and ſome, when they have it on the Fire ready to boil, will ſtir Wheat or Barley Flower into it, to make Haſty-pudding of it, and thus live ſeveral Days on the ſame Sort of Management.

Butter-milk with Apples and Toaſt.—SOME coddle, and others roaſt Apples till they are ſoft, and put them into Butter-milk, and then boil them a little. This will make it thick like Cuſtard, and when a Toaſt is made and ſop'd in it, it is good eating, eſpecially in Winter-time, when the Butter-milk is ſweet; but the ſame Meſs may be had in the Spring and Summer-time, where they make Butter from the hot Dairy, if they have Apples, becauſe here the Butter-milk is always ſweet. My Butter-milk I frequently give away to my indigent Neighbours, as a very acceptable Relief to their Families.

Others

Others make a Toaſt as for Ale, and put it (cut in Bits) into Butter-milk, then roaſt ſome Apples, and maſh them into it with Sugar, and think it an excellent Repaſt.

Butter-milk Pancakes and Puddings. — SWEET Butter-milk makes better Pancakes and Puddings than Skim-milk.

Butter-milk Curds. — THE Whey of Cheeſe muſt be put over the Fire, and heated till it riſes ready for boiling; at this Juncture of Time, ſome Butter-milk muſt be put into it, and ſtir'd by Degrees, as when Poſſet is made. This will cauſe Curds to ariſe. Then take the Pot from off the Fire, and ſkim off the Curds from the Whey for eating them. Now the Way our Country People eat them is, by crumbling Bread, and mixing it with a little Sugar, or without Sugar; when they ſay, this is a Diſh for a King. Others may eat theſe Curds with Cream and Sugar, or with Wine, or with Beer and Ale, but be ſure you do not ſtir in your Butter-milk over the Fire if it ſmoaks, for if you do, it will have an unſufferable Taſte. The Whey that is left may ſerve for a cooling wholeſome Drink. But although I have hitherto wrote on Butter-milk for raiſing Curds, yet where Butter-milk is too ſour for this Purpoſe, or is not to be had, ſome will make uſe of cold Water, by putting it in along the Sides of the Kettle or Pot by Degrees, as ſoon as the Whey riſes for raiſing Curds; and when they are ſkimmed off, and let to ſtand till the Whey is drained from them, they are fit to be eat.—Whey if good has ſo much of a Milk Quality in it, that if it is boiled, it will, without any Aſſiſtance of Butter-milk or Water, throw up a Skim or Cream; therefore ſome inſtead of letting their Whey lie cold in Pans to ſkim it once in twenty-four Hours, will get a Cream from it by boiling it, in order to make a Butter of ſuch Cream.—A ſecond Way to make Butter-milk Curds, is to boil new Milk, and while it is boiling hot, pour it upon cold Butter-milk, which cover, and let ſtand till Curd riſes; then take out the Curd, and let it ſtand on a fine ſtraining Sieve, or in a linen Cloth, till no more Whey drops out; then beat the Curd with a Spoon till it is finely broken, and ſweeten it with Cream to your Palate.

Of the Repoſitory or Dairy-Room.—THE ſweeteſt Butter is certainly beſt made in the Month of *May*, when all Sorts of Graſſes, whether of the *Engliſh* or foreign

Kind, are in their infant or pureſt Growth; yet this is not the Time for potting down Butter, becauſe the Weather at this Time of Year increaſes ſo much in Heat, as would cauſe it to grow rank and ſpoil before the Winter. Now a Cellar or any low Room, that lies below or even with the Surface of the Earth, is ſituated to a northern Aſpect, and has a Brick or Stone Floor, muſt be of great Service towards carrying on a Dairy; for by this valuable Conveniency, Milk and Cream will keep longer ſweet than if it ſtands in a warmer Place. I have known much Streſs laid upon this, where a Number of Cows have been kept, that though a Dairy has made great Part of a large Rent for many Years, yet a Tenant has ſuffered to ſuch a Degree for want of a very cool Cellar or Room, that he never left ſoliciting his Landlord till he had one made to his Mind; for what Damage muſt it be to thoſe many Farmers who keep ten, twenty, or thirty milch Cows, and cannot ſell their Butter oftener than once or twice at moſt in a Week, by reaſon the *London* Carrier goes but once or twice a Week at moſt to *London* from *Oxfordſhire*, *Buckinghamſhire*, *Bedfordſhire*, &c. Wherefore when Milk is kept in a Cellar or other cool Place, it will not only keep longer ſweet, but it cauſes it to throw up the greater Quantity of Cream, that will produce a Butter in ſuch Perfection as to ſell for more Money than that made from a Dairy where this Conveniency is wanting, as the Caſe is with many Farmers, in Vales eſpecially; becauſe here the Springs are generally ſo nigh the Surface of the Earth, that unleſs the Bricklayer makes uſe of Tarraſs, and he is a very good Workman, he cannot make a Cellar to keep out Water. Yet I have known this Deficiency in a great Meaſure ſupplied, by digging only two or three Foot into the Ground, and by laying it with a Brick Floor, and building this Dairy-room at the north Side of the Farm-houſe.

What an ancient Author writes of keeping Cream. — He ſays that with a ſhallow thin wooden Diſh you take in the Evening the Cream from off that Milk which was milk'd in the Morning, and ſkim the Evening's Milk accordingly. The Cream ſo taken off, you ſhall (ſays he) put into a ſweet well leaded earthen Pot (he means a glazed earthen Pot) cloſe cover'd, and ſet it in a cool Place; and this Cream ſo gather'd you ſhall not keep above

above two Days in Summer, and not above four in the Winter, if you will have the ſweeteſt and beſt Butter, and that your Dairy contain five Kine or more; but how many or few ſoever you keep, you ſhall not by any Means preſerve your Cream above three Days in Summer, and not above ſix in Winter.

What an ancient Author writes of churning Butter in an upright Churn.—THIS Author, who wrote on Butter and many other Subjects in Huſbandry about one hundred and twenty Years ago, ſays thus: — Take your Cream, and thorough a ſtrong and clean Cloth ſtrain it into the Churn, and then covering the Churn cloſe, and ſetting it in a Place fit for the Action in which you are employed (as in Summer, in the cooleſt Place of your Dairy, and exceeding early in the Morning, or very late in the Evening, and in the Winter in the warmeſt Place of your Dairy, and in the moſt temperate Hours, as about Noon or a little before or after) churn it with ſwift Strokes, marking the Noiſe of the ſame, which will be ſolid, heavy, and intire, untill you hear it alter, and the Sound is light, ſharp, and more ſpirity, and then you ſhall ſay that your Butter breaks, which being perceived both by this Sound, the Lightneſs of the Churn-Staff, and the Sparks and Drops which will appear yellow about the Lip of the Churn, cleanſe with your Hand both the Lid and inward Sides of the Churn, and having put all together, you ſhall cover the Churn again, and then with eaſy Strokes round, and not to the Bottom, gather the Butter together into one entire Heap, Lump, or Body. Now foraſmuch (ſays he) as there be many Miſchiefs and Inconveniencies, which may happen to Butter in the churning, becauſe it is a Body of much Tenderneſs, and neither will endure much Heat nor much Cold (for if it be overheated it will look white, crumble, and be bitter in Taſte, and if it be over cold, it will not come at all, but make you waſte much Labour in vain) which Faults to help, if you churn your Butter in the Heat of the Summer, it ſhall not be amiſs, if during the Time of your churning you place your Churn in a Pail of cold Water as deep as your Cream riſeth in the Churn, and in the churning thereof let your Strokes go ſlow, and be ſure that your Churn be cold when you put in your Cream; but if you churn it in the coldeſt Time of Winter,

Winter, you ſhall then put in your Cream before the Churn be cold, after it hath been ſcalded, and you ſhall place it within the Air of the Fire, and churn it with as ſwift Strokes, and as faſt as may be, for the much labouring thereof will keep it in a continual Warmth; and thus you ſhall have your Butter good, ſweet, and according to your Wiſh. After your Butter is gathered well together in your Churn, you ſhall open it, and with both your Hands gather it well together, and take it from the Butter-milk, and put it into a very clean Bowl of Wood that has Water in it, and therein work the Butter with your Hand, turning and toſſing it to and fro, till you have by that Labour beaten and waſh'd out all the Butter-milk, and brought the Butter to a firm Subſtance of itſelf without any other Moiſture; which done, you ſhall take the Butter from the Water, and with the Point of a Knife ſcotch and ſlaſh the Butter over and over every Way as thick as is poſſible, leaving no Part through which your Knife muſt not paſs; for this will cleanſe and fetch out the ſmalleſt Hair or Mote, or Rag of a Strainer, or any other Thing, which by caſual Means may happen to fall into it. After this you ſhall ſpread the Butter in a Bowl thin, and take ſo much Salt as you ſhall think convenient, which muſt by no Means be much for ſweet Butter, and ſprinkle it thereupon; then with your Hands work the Butter and the Salt exceedingly well together, and make it up either into Diſhes, Pounds, or half Pounds, at your Pleaſure.

Remarks on this ancient Author's Account of churning Butter.—As there was no Barrel Churn invented in his Days, he was confined to write only on the upright Churn, and this he does well on ſome Accounts, but he takes no notice of beating the Salt fine before it is mix'd with the Butter, though it is a material Article; nor that working freſh Butter (by way of kneading it) with a very ſtrong Brine inſtead of Salt improves it; nor that too long an Intermiſſion in churning is of ill Conſequence to the Work, becauſe this will make the churning (as we call it) to go backwards, and very hard to be renewed, if at all, eſpecially in Winter Weather; and yet this is a Fault that ſome ignorant or ſlothful Dairy Maids are guilty of, that do not conſider that an Intermiſſion, though but while one can tell fifty, is enough to divide the thick from the thin Part of the

the Cream, and prevent the Butter coming in due Time.

The Practice of a Vale Dairy Farmer, that generally milk'd thirty Cows.—This Man kept thirty Cows generally under milk, and for making the moſt Profit of his Dairy, he furniſhed his Cellar with ſuch a Number of ſquare Leads, that were placed almoſt all round it, for receiving the Milk as it was brought from the Cows; for theſe he prefer'd before Tubs, or earthen or braſs Pans, becauſe they keep Milk cooleſt in Summer, and not amiſs in Winter, are very ſmooth, and preſently and eaſily clean'd. By this and other Ways of his ingenious and careful Management, he ſeldom failed of making thirty Dozen Pounds of delicate ſweet Butter every Week during moſt of the Summer, by churning it every third Day, but in Winter only once a Week; and becauſe earthen Pans or Pots are liable to be crack'd and broke in their Removal, and too ſmall for holding much Milk, he always kept it in the Leads, which anſwer'd his Purpoſe; and for keeping his Cream ſweet he boiled ſome to put to the raw Cream, which he duly ſhifted into freſh Leads, and thus preſerved it in good Order.

The Nature and Conveniency of Chiltern Lands for ſowing them with foreign Graſs Seeds, &c. for carrying on a Dairy.—As I have before wrote of a Vale Dairy, I come now to write on a Chiltern Dairy. According to the common Acceptation of the Word *Chiltern* in *Hertfordſhire*, we underſtand it to ſignify a hilly incloſed Country, conſiſting of various Sorts of Earths, which although they are not of ſo fertile a Nature as Vale Grounds generally are, yet they give us a far greater Opportunity of putting them to different Uſes than what Vale Farmers can theirs; becauſe Vale Lands commonly lie in open Fields, and ſo in low and wet, that they are forced to plow them all one Way, for raiſing and keeping them up dry in high Ridges, which renders them incapable for the moſt Part of being improved by ſowing them with Clover, Trefoil, Saintfoin, Raygraſs, Lucern, Turneps, or Rapes. It is true, that their Earth is of a blacker richer Nature than Chiltern Lands are, and therefore the natural Graſs is certainly of the beſt Sort for making Butter and Cheeſe; but then as our Fields are moſt of them incloſed, and our Land lies more dry, we can plow them long-ways and croſs-ways,

and

and ſow them with Clover, Trefoil, Saintfoin, Ray-graſs, Lucern, Turneps, or Rapes, according to our Conveniency, not only for enriching our Grounds by feeding them with Cattle, but alſo for making Butter and Cheeſe with the Feed of ſeveral of them.

Of a Cheeſe Dairy.

A Cheſhire *Maid's Account of her making Cheeſe, as ſhe gave it me in* Hertfordſhire *on the 25th of* November, 1746.—She ſays, that the Milk of thirty of their Cows makes a Cheeſe of fifty Pounds Weight every Day, and for well doing it, there muſt be three Perſons employed; they heat the Night's Milk, and put it to the Morning's Milk, till both are warm as it comes from the Cow; then they put two or three Spoonfuls of Rennet into it, and ſtir and mix it well together, and in one Hour's Time, or two at moſt, the Curd will come fit to be broke. Now their Way of breaking it (ſhe ſays) is over a Tub, for the Whey to run into it, and when the Whey is thus diſcharged into one Tub, they put the Curd into another, for two or three Perſons to break it ſmall; this done, they ſalt it, and work it into the Form of a Cheeſe, and in working it, they preſs all the Whey they can out, then they put the Curd into a Cloth, and bind it about with broad Filletting, and lay it in a Preſs that has a great Stone on it for lying here two Hours, at the End of which they take it out, and ſhift it into a freſh dry Cloth, which they put again into the Cheeſe-preſs, for its lying here eight Hours; then they turn the Cheeſe in the ſame Cloth, and let it lie in the Preſs twelve Hours, at the End of which they take it out and ſhift the Cheeſe into a finer Cloth and lighter Preſs, and thus the preſſing Work is finiſhed. After it is taken out, they ſcrape the Cheeſe, rub it all over with Brine, and then ſalt it; next they melt freſh Butter, and pour it all over the Cheeſe, and then lay it on a Rack not far from a Fire, and with giving the Cheeſe timely Turnings, the whole Work is finiſhed.—She alſo told me, that their Cheeſe Factors ſeldom buy any *Cheſhire* Cheeſe under a Year old. And why they cannot make ſuch good Cheeſe out of *Cheſhire*, is chiefly becauſe their Land is of a particular rich Nature,

Nature, ſome by the River *Weaver* (ſhe ſays) letting for five Pounds an Acre, though a reddiſh Sort of Land; and here they are ſo nice, as not to make Cheeſe till the fifth Meal is taken from a new calved Cow.

A Way that ſome take in Cheſhire *to make large Cheeſes with a few Cows.* — SHE ſays they preſs the Curd once or twice to clear it from its Whey, then they cut it into thin Slices and throw them into Water; next Day they break them ſhort, by tearing them like Dough into Bits, and work and ſalt them well into one Maſs; this being done, they put this ſalted Curd in the Middle of new prepared Curd which incloſes it, then they bind it up in a Cloth, and preſs and turn it ſeveral times as in the laſt Way; a Method practiſed by only thoſe that have not Cows enough to make a large Cheeſe at once, for they that have, refuſe it.

The Somerſetſhire *Dairy-maid's Way of making their common Cheeſe.*—THIS Country contains various Sorts of Lands and Situations; it has marſh Lands, dry ſtony Lands, ſhort Earths, and ſtiff Earths, Hills and Dales, graſing and plow'd Grounds. About the latter End of *April* they begin to make their Cheeſe, which for the greateſt Part are of the thin Sort, like thoſe of *Warwickſhire* and *Leiceſterſhire*. Here they firſt ſqueeze their Curd in the Preſs a quarter or half an Hour, then they take it out, break it as ſmall as poſſible, and ſalt it; next they work it into the Form of a Cheeſe, put it into a Cloth and preſs it again, ſqueezing it very gently at firſt, and follow the preſſing of it a Day together; in which Space of Time, they give the Cheeſe ſeveral Turnings, ſhifting it into a Cloth wetted in cold Water each Time, in order as they ſay to give it a thin Rind: At laſt they turn it in a fine dry Cloth, to cauſe the Rind to appear the better.

A further Account from the ſame Somerſetſhire *Dairy-maid, how they make their Cheeſe from the Feed of marſh Grounds.* — MARSH Grounds generally produce the longeſt and rankeſt of Graſs, wherefore it puts the Dairy-man on Ways and Means to take off, or to leſſen any diſagreeable Taſte that ſuch Graſs may cauſe the Cheeſe to retain.—A Farmer here, that keeps forty Cows, works two Cheeſe-preſſes, when he that keeps thirty or leſs, works but one. After a Cheeſe has been once preſſed, they throw it Cloth and all into ſcalding Water,

Water, and there let it lie an Hour if it is of the thinner Sort, but a thicker one they let lie longer; then they take it out, and preſs it leiſurely again. It is true, that this Way is apt to extract and run out ſome of the fat Part of the Cheeſe Curd, but then it gives the Cheeſe theſe two good Qualities, that it will eat the milder, and keep the longer ſound.

The Somerſetſhire *Dairy-maid's Way to make Cream Cheeſe.*—SHE ſays, that ſhe ſkims off the Cream of laſt Night's Milk the next Morning, and puts it into the Morning's Milk as ſoon as it is got from the Cow; with this they mix a Spoonful of Rennet, and when the Curd is come, they put it into a ſhallow wooden Vat or Mould, and with a wooden Cover over it they preſs it by the Hand. After this they put it into a Cloth, and preſs it very tenderly, and turn it ſeveral times in one Day; then they ſalt its Outſides, and preſs it lightly again; at laſt, they lay it in Nettles, Ruſhes, or Graſs, to ripen, ſhifting it every now and then.

The Somerſetſhire *Dairy-maid's Way to make Cheeſe from the Feed of Clover.*—IT is certainly ſuch a difficult Thing to make good Cheeſe from the Feed of Clover-graſs, that very few attempt it. If Sheep feed with Cows in a Clover Field, their piſſing on this Graſs will cauſe the Cheeſe to hove on the Shelf; and if Cows feed alone on it, eſpecially when the Clover is in high Growth, it will hove and ſwell the Cheeſe, and give it a rank Taſte. Now to prevent theſe ill Qualities in a great Meaſure, there are two Ways of doing it; one is, by ſalting the Cheeſe Curd ſoundly; the other is to let it lie in a good Quantity of ſcalding Water or Whey half an Hour in the Cheeſe Cloth, at the End of which Time to put it into the Preſs, and preſs and turn it as another Cheeſe is uſually done. She ſays the Salt may fail anſwering this End, but the ſcalding will not. She further ſays, that for making their Cheeſe like *Glouceſterſhire* Cheeſe, they put the Curd, after it is once preſs'd, into hot, but not ſcalding Water; and that when the Lambs have been taken from the Ewes, ſhe has milk'd them, and put their Milk amongſt the Cows Milk, and made Cheeſe of it.

Glouceſterſhire *Cheeſe.*——THIS *Somerſetſhire* Dairy-maid tells me that *Glouceſterſhire* Cheeſe is made with only one Meal's Milk as it comes hot from the Cows, where they keep a ſufficient Number of them to do it, and when the Rennet

Rennet has brought the Curd enough, they take it off with a Diſh, and directly put it into the wooden Vat, or Mould, and here preſs out the Whey without a Cloth; this done, they take out the Cheeſe Curd and put it into a Cloth, and preſs it again and again, ſhifting the Cloth two or three times between the Preſſings, and ſalt the Cheeſe only on all its Outſides.

Shropſhire *Way of making Cheeſe.*—I am told they make their Cheeſe Curd into Balls with Salt, and keep them a Day or two, then break them extreamly fine into new Curd, elſe it will cauſe the Cheeſe to crumble too much: But if the Work is perform'd rightly, they ſay it makes good Cheeſe.

To make a compound Cheeſe.—TAKE the Cream you ſkim'd off laſt Night, and put it to the Morning's Milk in a Tub. Then make ſome Water ſcalding hot, and pour it into the Milk and Cream, which ſtir and mix till all is only lukewarm, and put Rennet to it. This done, let it ſtand cover'd with a Cloth about half an Hour, and if the Curd does not come enough in that Time, you may add more Rennet, then with a Diſh in your Hand break and maſh the Curd, and preſs it with your Hand down to the Bottom of the Tub. After this, with a thin Skimming-diſh, you are to take the Whey from the Curd, and directly break the Curd ſmall, and ſqueeze it into your wooden Vat till it is quite full; then lay upon the Top of your Curd your round Cheeſe-board, and upon that a Weight for making the Whey drop out of it, and when it has done dropping, take a Cheeſe-cloth, and having wetted it in cold Water, lay it on your Cheeſe-board, and turn the Cheeſe upon it. Then lay the Cloth and Cheeſe in the Vat, and preſs it in the common Cheeſe-preſs. And after it has been there half an Hour, take it out, turn the Cheeſe into a dry Cloth, and put it into the Preſs again. Thus you may turn it into dry Cloths five or ſix times the firſt Day, and then let it lie preſs'd twelve or more Hours, and at laſt turn it into a dry Vat without any Cloth at all. When the Cheeſe is ſo far made, rub it all over with Salt, and next Day do the ſame; and for two or three Days following turn it in Brine; after this rub it and lay it on a Shelf to dry, and continue rubbing it every Day with a dry clean Cloth, till it is got thoroughly dry and fit to be laid in a Cheeſe-Loft: But obſerve that you dry it haſtily in the Beginning, and leiſurely afterwards. Such a Cheeſe, if

rightly

rightly made, and a due Age given it, will be as good a one as any Man need to eat.

To make ſoft or what they call Cream Cheeſe.—As to the ſecond Appellation, it is for the moſt Part a wrong one, becauſe theſe Cheeſes are ſeldom made with any other than the new Milk as it comes from the Cow, and while it is thus warm, Rennet is put into it for turning the Milk into Curd, which when ſufficiently come, it muſt be taken out with a Skimming-diſh (for the Hand muſt touch it but as little as poſſible throughout all the Operation) and put into a hair Sieve, to give the Whey an Opportunity to drain from it. Next, the Curd muſt be put into a wooden Vat or Mould with the Skimming-diſh, for a gentle Preſſure of it, for if the Hand was employed to do this, it would give the Cheeſe a diſagreeable Toughneſs. Then preſs it for about three Hours, turning it once in the Time, and ſalting it a little. Now in great Dairies they make theſe ſoft early Cheeſes twice a Day with each Meal's Milk, and preſs four or five, or ſix at a Time, by putting each Cheeſe in a Cloth one upon another, and thus preſſing them all together. And after each Cheeſe has been preſs'd, they lay them on Boards, and turn them twice a Day for three or four Days together, then lay ſome Ruſhes on each Cheeſe, and turn them on it twice a Day till they get pretty dry, and when they are ſo, three or four or more Cheeſes may be laid over one another with Ruſhes between them, to keep them hollow, and dry them the faſter. Which Management from the Preſs to the Buyer will take ten or fourteen Days Time. And when in *April* they begin to make theſe ſoft thin Cheeſes, or as ſome call them Cream Cheeſes, ſome will have a Fire of Embers made from Wood or otherwiſe in the Middle of the Room, on purpoſe to forward the drying of theſe Cheeſes, that they may meet with the better Market; tho' they are not ſo good as thoſe made in the Month of *May* or later, becauſe in *April* they are obliged to help out the ſhort Bite of Graſs with ſome dry Meat to feed their Cows with. Some for making the moſt Profit in a great Cheeſe Dairy will take off a Cream from thin Milk to mix with Whey Cream, to make the better Whey-Butter, and put the ſkim Milk to new Milk for making ſoft thin Cheeſes, which in a near County to *Hertfordſhire* they call Dozen Cheeſes, becauſe they ſell them by the Dozen for four Shillings or four Shillings and Sixpence a Dozen; and for giving them a little Gloſs, they uſe Red-Saunders, which gives them a brightiſh Colour,

Colour, for though they are naturally pale, yet a Shade of Red adds a ſmall Luſtre to them. It is alſo obſervable, that theſe thin ſoft Cheeſes have moſt of them Marks of the green Ruſhes on their Rind, which are accounted for this Uſe better than Nettles or Graſs, becauſe theſe have hardiſh round Stalks, that cauſe the Cheeſes to lie hollower to dry than the Leaves of Nettles or Graſs will admit of; beſides which, it is a Dairy Maxim, That unleſs Cheeſe is preſs'd well, it won't dry well. And although I have mentioned this Way of making ſoft thin Cheeſe with only new Milk, and with new Milk and ſkim Milk, yet better Cheeſe is made by ſome, for I have heard it affirmed that a Gentlewoman, who kept but ten Cows, made ſixty Cheeſes in a Seaſon, weighing twenty Pounds each, ſo rich that ſhe ſold them for one Shilling *per* Pound.

To make Slipcoat Cheeſe.— PROPORTION your Cheeſe Curds to your Moulds and Vats, and to ſix Quarts of Milk (or better Stroakings) put a Pint of Spring Water. If the Weather is hot, let the Water be cold, and before you put it into the Stroakings, let them ſtand a while to cool after they are milked, then ſtir in the Water with a little Salt, which let ſtand a little while, then put in two Spoonfuls of Rennet and ſtir all well together, to ſtand cover'd with a Linen Cloth. When the Curd is become like a thick Jelly, with a Skimming-diſh lay it gently into the Moulds, and as it ſinks down fill on more Curd till all be in, which will require three or four Hours Time; then lay a fine clean Cloth into another Mould of the ſame Size, and turn it into it, and then turn the Skirts of the Cloth over it, and lay upon that a thin Board, and upon that as much Weight as with the Board may make two Pounds or thereabouts, and about half an Hour after lay another clean Cloth into the other Mould, and turn the Cheeſe into that; then lay upon the Board as much as will make it ſix or ſeven Pounds Weight, and thus continue turning it till Night; then take away the Weight, and lay it no more on it; this done, beat ſome Salt very fine, and ſprinkle the Cheeſe all over with it as ſlightly as you can; next Morning turn it into another dry Cloth, and let it lie out of the Mould upon a plain Board, and change it as often as it wets the Cloth, which muſt be three or four times a Day. When it is ſo dry, that it wets the Cloth no more, lay it upon a Bed of green Ruſhes, and lay a Row of them upon it; but be ſure to

pick the Rennet Graſs clean from them, and lay them even all one Way. If you cannot get good Ruſhes, take Nettles or Graſs. If the Weather is cold, cover them with a Linen and Woollen Cloth. In caſe you cannot get Stroakings, take five Quarts of new Milk and one of Cream. If the Weather is cold, heat the Water that you put to the Stroakings. Turn the Cheeſe every Day, and put to it freſh of whatſoever you keep it in. They are uſually ripe in ten Days.

A ſecond Way of making Slipcoat Cheeſe. — To two Quarts of Cream, add ſix Quarts of Milk directly from the Cow, mingle theſe together and let them ſtand till they are cold; then pour three Pints of boiling Water to it, which ſtir in, and let all ſtand till they are very near cold; then put to it a moderate Quantity of Rennet made with fair Water (not Whey, or any other Thing than Water, for this is an important Point) and let ſtand till it come; have a care not to break the Curds, nor even to touch them with your Hands, but only with a Skimming-diſh. In due Time lade the Curds with the Diſh into a thin fine Napkin, held up between two Perſons, that the Whey may run from them through it, while they roll it about, that the Curds may dry without breaking. When the Whey is well drained out, put the Curds as whole as you can into the Cheeſe Vat upon a Napkin. Change the Napkin, and turn the Cheeſe every half Hour for ten times, till it wets the Napkin no more. Then preſs it with half a Pound Weight for two or three Hours; add half a Pound more for as long a Time, and another half Pound for as long; and laſtly another half Pound, which is two Pounds in all, a Weight that never muſt be exceeded. The next Day, when about four and twenty Hours are paſt in all, ſalt your Cheeſe a little, and turn it three or four times a Day, keeping it in a Cotton Cloth, which will make it mellow and ſweet, and preſerve it a ſmooth Coat, ready for eating, in about twelve Days Time. Some lay it to ripen in Dock-leaves, but they are apt to give and mould the Cheeſe, others in flat Boxes of Wood, and turn them three or four times a Day, but a Cotton Cloth is beſt. This Quantity of Milk and Cream is for a round large Cheeſe, a good Finger's Breadth thick. Long Graſs ripeneth them well and ſucketh out the Moiſture. Ruſhes are good alſo; they are hot, but dry not the Moiſture ſo well.

A third

A third Way of making Slipcoat Cheese.—TAKE 3 Quarts of Stroakings, and as they come from the Cow, put a Skimming-dish of Spring Water with two Spoonfuls of Rennet to them, and let it stand cover'd till it come hard. Take it up by Degrees, but break it not. When you have laid all in the Vat, work a fine Cloth in about its Sides with the Back of a Knife, then lay a Board on it for half an Hour, at the End of which set a half Pound Stone on it, and let it stand two Hours; then turn it on that Board, and let the Cloth be under and over it, and put it into the Vat again. Now lay a Pound and half Weight on it. Two Hours after turn it again on a dry Cloth, and salt it a little; then set on it two Pounds Weight, and let it stand till next Morning, when you are to turn it out of the Cheese Vat on a dry Board, and keep it turning on dry Boards three Days. If it spreads too much, set it up with Wedges. When it begins to stiffen, lay green Grass or Rushes upon it; and when stiff enough, lay Rushes over and under it. If this Cheese is rightly made and the Weather dry, it will be ready in eight Days; but in case it does not dry well, lay it on a Linen Cloth and Woollen upon it, to hasten its ripening.

A short Way to make a Cream Cheese.—MILK seven Quarts from the Cow, and as soon as it is got, mix it with a Pint of Cream and a Spoonful of Rennet. Cover it in a Bowl or Bucket, and when the Curd is come enough, lay a Cloth all over a Cheese Vat. Take the Curd out with a Skimming-dish, and put it on the Cloth till the Vat is full; then turn the Cloth over the Cheese, and as the Curd sinks lay more on till there be enough. When thoroughly drained of the Whey, turn the Cheese in a fresh dry Cloth in the Vat, and lay a Pound Weight on it; at Night turn it on another dry Cloth, and salt it on the morrow morning but very little; then lay it on Rushes or Nettles, and cover with the same, and turn it twice a Day. This Cheese will be eatable in twelve Days Time or sooner. To improve this Cheese, stamp a Handful or two of Marigold Flowers, and add some of the Juice to the Rennet.

Fresh Cheese.—SWEETEN a Quart or three Pints of Cream well with Sugar, and boil it, and while it is boiling, put in some Damask Rose-water; keep it stirring to prevent its burning to the Pot, and when it is thicken'd enough and turned, take it off the Fire, and wash the Canvas

Strainer and Cheeſe-vat with Roſe-water, and roll it to and fro in the Strainer, to drain the Whey from the Curd; take up the Curds with a Spoon, and put them into the Vat; let it ſtand till it is cold, and then put it into a Diſh with ſome of the Whey for eating.

Rich freſh Cheeſe.—To 3 Pints of new Milk (or better Stroakings) while it is warm from the Cow, put half a Spoonful of Rennet for turning it to Curds and Whey; then beat a Quarter of a Pound of blanch'd Almonds with two or three Spoonfuls of Cream and one Spoonful of Roſe-water. Shape the Curd in a Cheeſe Vat or Pan, and eat it with Cream and Sugar; but leſt ſuch a freſh Cheeſe prove too raw and cold for ſome Stomachs, you may add ſome Powder of Cinnamon, Mace or Nutmeg, or all.

Winter Cream Cheeſe.—Boil a Quart of Cream, and put it to a Gallon of new Milk; when all is milk-warm, put a Spoonful of Rennet to it, and cover it with a Cloth till the Curd is come enough; then with a Skimming-diſh lay it into a Canvas Straining-cloth, to diſcharge it of its Whey. This done, lay a Board on it, and a two Pound Weight on that; and after the Curd has been under this Preſſure for three or four Hours, put a wet Cloth in a Mould or Vat, and your Curd in that, with ſix Pounds Weight on it. Here it muſt be turned into freſh wet Cloths every three Hours for the firſt Day. Let it ſtand preſſed all Night, and next Morning take out the Cheeſe and ſalt it a little; then preſs it again, and turn it every three or four times in freſh dry Cloths at every two Hours End, and it is ready for laying on Ruſhes or Leaves of Nettles in a dry Place. Obſerve to lay the Cheeſe every Morning amongſt a thick Parcel of freſh Nettles or Ruſhes; and if the Outſides of the Cheeſe be moiſter than ordinary, apply dry Cloths for the firſt or ſecond Time. With careful Management, this Cheeſe will be ready in twelve or fourteen Days Time for eating.

To make a Cream Cheeſe in a Cabbage-Net.—This Cream Cheeſe has been made many times by a Widow Woman; and as ſhe told me, ſhe has ſold them for a Shilling a Pound. To this Purpoſe, ſhe takes the Cream off laſt Night's Milk, puts it into a Pail the next Morning, and then directly milks upon it her deſired Quantity,

Quantity, to which ſhe puts a Spoonful or two of Rennet. When the Curd is come enough, ſhe ſqueezes the Whey from it very ſoftly with her Hand; for if ſhe ſqueezes it hard, much of the Curds Goodneſs will go off with the Whey; then ſhe ſalts the Curd a little, and puts it into a Cabbage-Net. And in this Manner ſhe has had four or five at a Time hung up in a Dairy Room, but took care now and then to wipe the Outſides of the Cheeſes; and in about ſix Weeks, or two Months, they would be ready for eating as a moſt excellent Sort. In this Manner, ſhe ſays, ſhe has made Marigold and Sage Cheeſe in Chequer Work. The chief Reaſon for making this Sort of Cheeſe is, for its convenient drying, and the Rarity of eating a Cabbage-Net Cheeſe, which is about a Foot long and three or four Inches thick; but it muſt be carefully rubbed as it lies in the Net, to keep off the black or blue Mold. However, if ſuch Rubbing wont do, it muſt be taken out and rubbed.

Welch Cheeſe. —When the ſmall *Brecknockſhire* Sheep come into the rich Vale of *Glamorganſhire*, they give much more Milk than they do in that mountainous Country, and then they milk them for making Cheeſe. To this Purpoſe ſome keep five or ſix Score, which they always milk behind, and get about a Pint from each Sheep; and as their Milk is of a very fat Nature, they mix it with ſkim Milk of Cows; when a little is heated, they put in their Rennet, and make Cheeſe that is of a ſhort tartiſh Nature.

Cream Curds. —Strain your Whey, and ſet it on the Fire, making a clear and gentle Fire under the Kettle. As the Curds ariſe put in Whey, and continue it till they are ready to be ſkimmed off; then take a Skimmer and put them on the Bottom of a Hair Sieve; let them drain till they are cold, then take them off and put them into a Baſon, and beat them with three or four Spoonfuls of Cream and Sugar for eating.

Of the Cheeſe or Rennet Bag, as wrote of by an ancient Author. —The Cheeſe or Rennet Bag (ſays he) is the Stomach Bag of a young ſuckling Calf, which never taſted other Food than Milk, where the Curd lieth undigeſted. Of theſe Bags (ſays he) you ſhall in the Beginning of the Year provide yourſelf good Store, and firſt open the Bag and pour out into a clean Veſſel the Curd and thick Subſtance thereof, but the reſt (which is not curdled) you

ſhall put away; then open the Curd, and pick out of it all Manner of Motes, Chiers of Graſs, or other Filth got into the ſame; then waſh the Curd in ſeveral cold Waters till it be as white and clean from all Sorts of Motes as is poſſible; then lay it on a Cloth that the Water may drain from it; which done, lay it in another dry Veſſel, take a Handful or two of Salt, and rub the Curd therewith exceedingly; then take your Bag and waſh it alſo in divers cold Waters till it be very clean, and then put the Curd with a good deal of Salt into the Bag again, and ſalt the Bag all over very well; then cloſe up the Bag, and lay it in a glazed earthen Pot, to keep a full Year before uſing: For (continues he) the hanging of Rennet Bags up in a Chimney Corner (as coarſe Houſewives do) is a ſluttiſh Way, and very unwholeſome. The ſpending of your Rennet while it is new makes your Cheeſe hove and prove hollow. Obſerve alſo, that if ſuch Rennet Baggs are kept in Pots in a dry Room, well ſalted, they will keep good nine or ten months or more. When the Rennet is wanted, boil a Quart of the ſtrongeſt Brine, and when it is cold put it into the Bag, which prick with many Holes, and keep it in this Brine and Pot ready for Uſe. The ſtronger the Brine is made, the leſs Rennet will ſerve. One Spoonful of this Brine will turn ten Gallons of Milk, if put into it while the Milk is warm; but if too hot, it will produce a hard Curd: So likewiſe if too much Rennet is put to the Milk, it will make the Cheeſe full of Holes and taſte rank. If you have a large Dairy, you may keep ten or twenty Rennet Bags in one large glazed earthen Pot: And this is to be obſerved, that when Cheeſe-time is over, the Rennet Bags, as they lie in the Pot, ſhould have Salt ſprinkled every now and then over them, elſe they will be apt to ſtink and ſpoil.

A Buckinghamſhire *Dairy Woman's Account for uſing her Rennet Bags and Rennet.* — This Woman ſays, that ſhe puts a Handful of Salt into two Gallons of Whey, and that after it has boiled ſo long, and ſo much Curd has been ſkim'd off that no more will riſe, ſhe then boils the Whey longer, with either ſome Flowers of the white Thorn, or its Leaves, Twigs or Boughs, in order to give the Rennet a pleaſant Taſte, and preſerve the Cheeſe a long Time ſound. Now this Whey muſt be ſtrained from the Thorn as fine as can be done, and when it is cold, take three Rennet Bags out of your Brine Pot, and ſteep them in this

this Whey, till you think they have tinctured it enough with a Rennet Quality, which will be in a Day or two's Time, when you are to take them out and return them into the Brine Pot. Thus you have an excellent Rennet made, that if kept in Bottles well cork'd, in a cool Place, will laſt a great while for your Leiſure Uſes.

When Cheeſe is beſt made.— CHEESE is beſt made in the Months of *May*, *June*, and *July*, when Graſs is in moſt Heart and the Days are at a right Length, for then the Cheeſe have the beſt Opportunity of drying; and when they have got dry, a right Houſewife will dip them in hot Whey, ſcrub their Outſides with a Bruſh, and when dry again, will rub them over with Whey or other Butter, for giving the Cheeſe a fine ſaleable yellow-colour'd Coat, but Whey Butter is full good enough for this Purpoſe; which to come by, they ſet the grey Whey at Night and ſkim next Morning, and ſo the white Whey. The grey Whey is that made by the Rennet, the white by Preſſure of the Curd. And when they have got enough of ſuch Whey Cream, they churn it into a Butter that cheats thouſands of the ignorant People, who know not to diſtinguiſh between new Milk Butter, After Butter, and Whey Butter; although the two laſt are not worth ſo much as the firſt by a Penny or three half Pence a Pound.

The Artifice of a Dairy-Maid to get rid of a ſlovenly Boy milking her Cows. — THIS Maid I recommended to be Dairy-Maid to a Gentleman's Family in *Eſſex*, who wrote to me to ſend him one, as I live on the Edge of *Ayleſbury* Vale, where many clever ones are brought up: It was this Maid-Servant that told me, ſhe once lived with a Maſter that kept about four or five Cows for his Family Uſe, which ſhe could well milk and manage herſelf, yet the Gentleman her Maſter would oblige her to let a ſlovenly Boy Servant always milk ſome of the Cows for Diſpatch ſake, contrary to the Maid's and the Boy's Inclination; which put her upon inventing a Stratagem, how to get rid of the Boy. For this Purpoſe, ſhe bid him put a Corking-pin through his Hat, and as the Maſter was wont now and then to ſee his Cows milk'd, the Boy in milking puſh'd the Pin againſt the Cow's Side, and thus prevented her ſtanding ſtill. This induced the Maſter to aſk the Maid, why the Cow would not ſtand ſtill? She told him, becauſe ſhe does not like the Boy ſhould milk her. Then ſaid he milk them all yourſelf.

The Sluttiſhneſs of a Dairy-Maid, who milk'd her Cows with foul Fingers.— A Man that lives about a Mile diſtant from *Gaddeſden*, and now keeps a publick Houſe, ſaid, that when he was a ſingle Man, he lived a Servant with a Dairy Farmer, at *Simſon*, near *Water-Crawley* in *Buckinghamſhire*, where, ſeeing the Maid Servant milk a Cow that had a very foul Bag, occaſion'd by her lying down in a naſty Cow-houſe, ſhe was ſo lazy, as not to be at the Pains of firſt waſhing the Cow's Bag before milking, but milk'd with her Fingers beſmear'd with the Dung of the Cow to that Degree, as alter'd the Colour of the Milk, which made ſuch an Impreſſion on the Mind of this Man, that he declared to me he never ſince could eat Milk, tho' this happened twenty Years before. A Caſe very different from the following one.

How a Gentleman obliged his Boy or Man Servant to clean out his Cow-houſe every Morning and Evening before his Cows were milked. — THIS Gentleman, who lived in *Cheſhire*, and whom I know as my Benefactor, kept four or five Cows wholly for his Family Uſes; and was ſo remarkably neat in the Management of one of his Farms, which he kept in his own Hands, that he was admired for it both by Strangers and Neighbours. One of his cleanly Actions was, That he obliged his Boy or Man Servant every Morning and Evening to clean his Cow-houſe before the Maid milked, in order to free her from the Danger of a foul Milk by the Cows dirty Bags. The ſame good Management is carefully put in Practice in the great Cow-houſes near *London*, as well as in many little ones elſewhere; elſe what a ſad Condition muſt the many Things be in that are made with Milk. Theſe Caſes may plainly ſhew the Value of a cleanly ſkilful Dairy-maid Servant; and ſuch a one I ſend to any Gentleman or Lady, that thinks fit to write me a proper Order, and they may depend on having none but a true Vale-bred one, that underſtands the making of Butter and Cheeſe, *&c. &c.*

The cleanly Kudnal *Dairy-maid's Account how ſhe preſerves her Cream ſweet all the Summer.* —SHE ſays, that ſhe boils her earthen glazed Pots, and ſhifts the Cream twice a Day out of one into another; and after one Pot has ſtood on the other to drain the Cream, ſhe wipes the Remainder off with her Fingers. And every Time, if ſhe goes

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ten times a Day into the Cellar, ſhe ſtirs her Cream to keep it from clotting and ſouring; which it generally does, if not ſerved in this Manner. She alſo ſays, that every now and then ſhe flings Water down the Cellar to keep it cool, and where there is no Well or Current, ſhe, to carry it off, mops it up.

The Character of a certain ſluttiſh Maid-ſervant.—THIS Servant-maid, who lived with a very rich Farmer in a Pariſh about four Miles from *Gaddeſden*, whoſe Family conſiſted only of the Maſter, the Maid-ſervant, the Plowman, and the Boy Horſe-keeper, would brew three Buſhels of Malt at a Time for only Small-beer; yet, being a Slut, beſides an ignorant Brewer, the Beer was generally fox'd and ropy: And the Wheat Dough being over-water'd in Summer, the Bread was commonly ſo ropy that it might be parted in Strings, and mouldy; for ſhe uſually baked ſix or ſeven Half-peck Loaves at a Time, to ſave her the Trouble of often baking for her ſmall Family. Her Paſties were made exceedingly large, with the ſame Dough the Bread was made of, and only a Handful or two of chopt Apples, Rinds and all, in each Paſty. Her Bacon, which was their chief Food, had no Herbs nor Roots boiled with it, becauſe the Maſter would not allow them, leſt they ſhould prove a Sauce, and cauſe them to eat more of it than ordinary.

Cheeſe-making by a Widow in the County of Bucks.—THIS Widow carries on the Farming Buſineſs, and keeps ſix Cows beſides Horſes and Sheep. Of her Cows Milk ſhe makes Butter and Cheeſe, which are ſometimes good and ſometimes bad. To account for this, I have to obſerve, that her Graſs Ground lies very low, and is ſubject to be overflow'd with Water in long and great Rains, that naturally produces a rank Sort of ſour twitch or couch Graſs, and this the more for its being now and then dunged; which occaſions her Cheeſe Curd ſometimes to become ſo very ſoft as to make hove Cheeſe; that is to ſay, Cheeſe full of Eyes or little Hollows, that eats unpleaſantly rank. Now to prevent theſe ill Effects, when ſhe finds her Curd thus very ſoft, after it has been preſſed about an Hour or two, ſhe takes it out and breaks it over again as ſmall as ſhe can; then new makes it into a Cheeſe the ſecond time, and puts it into the Preſs, where ſhe lets it remain a Day or a Day and a Night. I am alſo further to obſerve, That when ſhe makes a thin Cheeſe

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in dry Weather, the Milk is then moſt free of the hoving Quality, and therefore ſhe does not break, make, and preſs it twice; for as her thin Cheeſe weighs but about ſeven or eight Pounds, the Whey is ſoon dry'd out of it, and therefore leſs ſubject to be damaged by it. But when ſhe makes a thicker Cheeſe (as ſhe ſometimes does) ſhe generally breaks, makes, and preſſes it twice, the better to clear it of the Whey and prevent its hoving. ——— This Caſe plainly ſhews, that it is the Nature of the Graſs in a great Degree, that governs the Quality of the Cheeſe. I therefore take this Opportunity to acquaint any Gentleman, whoſe Graſs Ground lies very low, and is ſubject to theſe Inconveniencies, that it may be improved by more than one Way: It may be done by drawing off the Water through ſubterraneous Drains, or by ſowing certain natural Graſs-ſeeds upon old Graſs Ground, and throwing over it at the ſame Time a particular Compoſt of Manure, that will certainly produce a moſt excellent ſweet Graſs, and that a moſt excellent ſweet Butter and Cheeſe. Which Secret I am ready to communicate on a proper Order.

To make a ſcalded Cheeſe. — PUT two Quarts of Cream to ſix Gallons of new Milk, then put Rennet to it for Winter Cheeſe; let it ſtand till it comes even, then ſink it as long as you can get any Whey out; then put it into your Vat, ſet it in the Preſs, and let it ſtand half an Hour: In this Time turn it once. When you take it out of the Preſs, ſet on the Fire two Gallons of the ſame Whey; then put your Cheeſe into a large Bowl or Bucket, and break the Curd as ſmall with your Hand as you do for Cheeſe-cakes. When your Whey is ſcalding hot, take off the Scum; lay your Strainer over the Curd, and put in your Whey: Take a Slice and ſtir up your Curd that it may ſcald all alike, putting as much Whey as will cover it well; when it is cold, put in more hot Whey, and ſtir it as before; then cover it with a Linen and Woollen Cloth: Then ſet ſome new Whey on the Fire, into which put in your Cheeſe Vat, Suter and Cloth; and after three Quarters of an Hour take up the Curd, and put it into the Cheeſe Vat, as faſt as two Perſons can work it in: Then put it into the hot Cloth, and ſet it into the Preſs; after a while turn the Cheeſe, and keep it in the Preſs with turning till the next Day; then take it out and ſalt it.

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To make toaſted or melted Cheeſe eat ſavoury.—CUT Pieces of quick, fat, rich, well-taſted *Cheſhire* or other good Cheeſe into a Diſh of thick beaten melted Butter, that has ſerved for Aſparagus, Peaſe, boiled Sallet, or Gravy, and if you will, chop ſome of the Aſparagus among it, or Slices of Gammon of Bacon, Onions, or Anchovies, and all theſe in a Mixture melt upon a Chaffing-diſh of Coals, with good ſtirring, to incorporate them. And when all are of an equal Conſiſtence, ſtrew a little white Pepper over it, and eat it with Toaſts or Cruſts of white Bread. You may ſcorch it on the Top with a hot Fire-ſhovel.

Of Calves.

OF ſuckling Calves for weaning, with a Caſe of the ſame. — THIS Article comes under the Care of many Farmers Wives, Maid-Servants, and others, and therefore I have thought it material to write on it, and the rather, as this oftentimes proves a profitable Branch in the Farming Buſineſs. There are two Seaſons in the Year for weaning Calves; one in *September* and *October*, and the other in *April* and *May*. In the firſt two Months ſuckling Calves require much Attendance and Coſt, for they muſt be fed with Milk-porridge good Part of the *Winter*, beſides ſucking the Cow for a Month or more, and with Milk and Water to drink. To this Purpoſe they muſt firſt be learned to ſwallow it out of a Bowl or little Tub, by putting the Fingers into its Mouth, and forcing it into the Liquor, which by a little Cuſtom it will take of itſelf. I knew a Farmer's Wife wean two Calves after this Manner; the laſt was begun with about *Michaelmas* 1746, and for maintaining it well, her Huſband ſent four Buſhels of Oats at a Time to the Mill, to be made into Oatmeal for this laſt one Calf, which made one of her Neighbours ſay the Toll was more than the Griſt. For my Part, I don't practiſe Winter Weaning, but commonly begin it in *April* or *May*, when (if I don't wean my own Calves) I can buy a Couple of Calves about a Week old, at *Leighton* great Market in *Bedfordſhire*, for ſix, eight, or ten Shillings; and as Graſs is then firm and growing apace, I can give them Milk enough; and after I have ſuckled and brought them to drink Milk, or Milk and Water out of a Bowl, which they will do in a Month

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or ſix Weeks Time, I turn them (if the Weather is agreeable) out about Noon into ſome graſing Ground, and when they have been here three or four Hours, I houſe them, and after three or four times ſerving them thus, I turn them out to graſs for good and all, where Plenty of Water is. In this cheap Manner I wean my Calves without any Cow near them; and once I did it without giving the Calves any Water at all, the Juice of the Graſs ſufficed to quench their Drought, and they did well. Next Winter they will live on Oat Straw, or better on Clover, or natural Hay, for good keeping is not loſt here. The better a Calf is kept, the ſooner it will take Bull, therefore ſome to make a Calf the more forward in Growth, will give it ſkim Milk at its weaning, wherein is firſt ſtirred ſome Wheatmeal, Barleymeal or Oatmeal, and for obliging the Calf to eat it, they will keep its Mouth a little open with their Fingers of one hand, and by bending its Head to the Meat with the other Hand, it will ſoon be brought to take it of itſelf, and thrive a great Pace. And if Horſe-Beans, Peaſe or Oats, and the beſt of Hay, are beſtowed upon it the next Winter, it will be a Year forwarder in Bulk and Height of Body than a Straw-fed one.

Weaning a Calf at Chriſtmas. — A Farmer's Wife having a great Deſire to wean a Calf from a favourite Cow, though calved at *Chriſtmas*, ſhe weaned it at three Days old, for it was her Opinion a Calf could not be weaned too young. Firſt ſhe put her Fingers into its Mouth, and forced its Head into a Bowl of new Milk for ſucking it the firſt Fortnight; then ſhe gave it Milk-porridge for three Weeks, at the End of which it would eat Hay and drink itſelf. The Milk was given warm from the Cow, and the Milk-porridge (which was made with ſkim Milk) ſhe gave it always blood-warm. By this Management ſhe ſaved Cream to make Butter, and brought up her Calf beſides; but take care not to buy a drove Calf to wean, for theſe are generally ſo beaten and fatigued, that they are either ſtunted or die, but always buy thoſe that are never drove, and has its four Teats ſtand well; neither let it be a Heifer's Calf, for this will make but a puny Cow.—Some give Whey to drink in weaning.

Weaning a Calf in April. — ANOTHER weaned his Calf in *April*, by forcing its Mouth into a Bowl or Tub

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of new Milk for the firſt Fortnight, and then turn'd it to graſs with a Trough of Water by it, but every Day for a Fortnight longer he gave it ſkim Milk Morning and Evening, after which it was left to ſhift for itſelf; and if it is a moiſt Time, and there be Graſs enough, it will do well without Water.—An old Neighbour of mine, a Tradeſman, Owner of a pretty large Orchard, bought in two Calves to wean, that were hardly a Fortnight old, and turn'd them directly into his Orchard, without ſetting any Thing but Water by them, and they did well.—Always wean Calves forward in *March* or *April*, and they will ſtand the Winter the better if no Hay is given them, for they will live on good Straw if it be of the Oat Sort, or indeed any other. The next Summer they will live on a Common, by feeding on the long ſour Graſs that grows among the Fern, which the Sheep won't eat.

Weaning Calves in Cheſhire *and* Lancaſhire.—If a Calf falls in *January*, *February*, or *March*, ſome wean at a Week or twelve Days old, at which Time they begin to teach it to drink, by putting a Finger in the Calf's Mouth, and with the left Hand thruſting its Head down into the Pail, when the Calf laps its Tongue about the Finger as if it would ſuck, and ſo fetches up the Milk. And after a few Times thus doing, the Calf will drink of itſelf very eagerly in good new Milk from the Cow till a Month old. Then they mix Oatmeal with ſkim Milk, and give it blood-warm, and as the Calf grows older, more Oatmeal and leſs Milk; but in Cheeſe Time they give it Whey inſtead of Milk and Oatmeal, and continue this two or three Months, with good Graſs in the Day, and fine Hay at Night, ſays Mr. *Houghton*.

Of ſuckling and fatting Calves for the Butcher.—This Work likewiſe in many Farms is carried on by Farmers Wives, or Maid-Servants, as well as the Buſineſs of Dairies is, and many times (when Veal ſells dear) to a greater Advantage than making Butter and Cheeſe, eſpecially if it happens to be in the Reach of *London*, for ſending their fatted Calves dead or alive, and this for more Reaſons than one.—As firſt, where Water is ſcarce and bad, a Butter-Dairy cannot be rightly managed, becauſe on Plenty of good Water very much depends the Sweetneſs of the Utenſils, Cream, Butter, and Cheeſe. Secondly, where few Cows and few Hands are kept,

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ſuckling of Calves may be eaſier managed than making of Butter and Cheeſe. Thirdly, where a Perſon lives remote from a Market Town, and has not a ready Conveniency of ſelling Butter. If he lives within forty Miles of *London*, he may perhaps ſuckle and fat Calves in a cheaper Manner, and be at no other Trouble than buying them in, ſuckling them, and delivering them fat to the Butcher, who generally buys and fetches them away from the Gentleman's, the Yeoman's, or the Farmer's Houſe, to kill for a *London* Market. For my own Part, after I have fatted and ſold off the Calves that fall from my own Cows, I ſend to *Leighton* Market, where they are every Week expoſed to Sale on a *Tueſday* in great Numbers throughout the Year; and there I buy them as I want them. And it is to this Market, Farmers and others come above thirty Miles an End, to carry Cart Loads of Calves away to ſuckle for a *London* Market. And for fatting them with the greater Expedition, they have all neceſſary Conveniency. For which Reaſon, and for their ſkilful Management, they are juſtly accounted in *Eſſex* the beſt ſuckling Calf Farmers in *England*: For here moſt of them have their Calf Apartments or Penns made with Oaken Planks laid on Joiſts with a little Deſcent, with large Holes in them, by which the Piſs runs preſently off into a deep hollow Place, ſo contrived as to receive much of it. And it is on this Account, that they are not obliged to conſume much Straw; for in the Summer Time they uſe little or none, becauſe the Planks are preſently clean'd from the Dung, and they ſeldom put above three or four Calves at moſt in one of theſe Apartments at a Time; each Apartment having a Rack in it for Straw or Hay, and a Trough for holding Powder of Chalk or ſome agreeable Food. Suckling Calves muſt not be confined in too cloſe a Place, nor in too large a one. If they lie too cloſe, they are apt to heat one another and breed Lice, which will aſſuredly hinder their thriving: And if they have too much Room, they will friſk about and play away their Fleſh; for which laſt Reaſon ſome tie each Calf to a Ring in a Poſt by a Swivel Collar, to prevent its roaming. But as few Farmers have the Conveniency of Calf Penns made with Oaken Planks, what muſt they do that have none? Why then they ſhould lay a Foundation of Faggots, and upon theſe Faggots Wheat Straw, a little at a Time, once or twice a Day; for ſuch freſh Straw will prove an additional

tional Help to the Calves fatting, by preventing their breeding Lice, and inviting them to eat its thraſhed Ears; but then ſuch a Calf Penn ſhould be thoroughly clean'd out at every Week's End, by carrying away all the Dung and Litter, and laying freſh Straw in its room. But beſides all this, there ſhould be two or three large Pieces of Chalk, as big as a Man's Head, hung by Cords in each Penn, for the Calves to lick at their Pleaſure; and alſo a Trough that ſhould ſtand two Feet from the Ground and is three Feet long, for holding in it powder'd Chalk, or Corn, as aforeſaid; for this Mineral we account is of a binding and whitening Nature, therefore perfectly neceſſary to create an Appetite and prevent their ſcouring. And for hitching out and ſaving Milk, ſome hang now and then a Wiſp of Hay before them. Others give them Oatmeal finely ſifted, or Wheat-flower mixt with a little Salt, or Barley Meal, or white Peaſe ſlitted. And now, ſuppoſing theſe neceſſary Conveniencies to be in Order, the next Thing I have to offer is the Method of ſuckling Calves.

The Method of ſuckling Calves as practiſed by this Author. — THERE are two ſorts of Calves that I ſuckle, one Sort that falls from my own Cows, the other that I buy (as I ſaid) at Market. As to the firſt Sort, as ſoon as it falls from the Cow, we ſtrew a Handful of Salt over all its Body, to be taken by the Cow as ſhe licks her Calf, which we think tends to her Health, and cauſes her to glean the ſooner. When the Cow has calved, we generally let the Calf ſuck what it will, and milk the Cow beſides, giving her the Milk to drink, and for two Days after Water made luke-warm. As to the Calf, we let it lie with the Cow the firſt Night and Day, and while the Maid is milking one Side, ſhe lets the Calf ſuck on the other: For by this the Cow gives down her Milk the freer, and therefore the Maid continues this Practice all the firſt Week, and throughout the next ſhe allows the Calf ſhort of a Bellyfull, becauſe their Nature is too weak to be gorged with a full Quantity of Milk till they are about a Fortnight old, and then they ſhould not want what they can ſuck. This Management is ſtrictly obſerved by nice ſuckling Farmers, not ſo much for ſaving the Milk to give the more of it to older Calves, but becauſe if a very young Calf ſhould be over-charged with Milk, it would be in great Danger of ſcouring, and

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that ſo violently, as can't be eaſily nor readily ſtopt, and then the Calf grows lean and ſometimes dies.——Others give the Cow, for the firſt Drink after calving, a Pail of Water, wherein a ſmall Shovel-full of hot Aſhes are put, for their taking off the Rawneſs of it, and for giving it a due Warmth to prevent the Cow's catching cold. And for the better preventing it, I not only obſerve to do after one of theſe Ways, but alſo throw a Handful of Barley or Wheat-meal, or Bran, over the firſt Pailful of cold Water that I give the Cow, and do the ſame a ſecond Time if I ſee Occaſion: For many Cows have been loſt by letting them drink cold Water too ſoon after calving.

To cure a ſuckling Calf of its ſcouring.—SOME to do this let the Calf go into ſome graſing Ground with the Cow, and it ſometimes ſtops the Looſeneſs, but this is what I never practiſe. I always cure it in the Calf-penn. If we find a Calf begin to ſcour, the next Time of ſuckling we allow it very little Milk, and mix a little powder'd Chalk with ſome Salt: Of Salt, as much as will lie on a Shilling: Of Chalk, as much as will fill a ſmall Tea-cup. This my Maid rubs on the Roof of the Calf's Mouth, and leaves it. Others put it down the Calf's Throat as far as they can. Some do it before the Calf ſucks, others after; and if this is begun and repeated in Time, if clean Wheat Straw is twice a Day given it, and the Calf is not too cloſe confin'd in Summer Time, it ſeldom fails of a Cure; but if this does not do, we have recourſe to a ſtronger Remedy, that is to be made thus:——Knead a little Brandy, Verjuice, Wheat-flour, and powder'd Chalk together, and give the Calf two Crams of it, each made about the Bigneſs of a Man's little Finger, as ſoon as it is done ſuckling, and pour a little Milk after them. Others therefore will give the Crams before the Calf ſucks, that they may the better be waſh'd down. —Calves can't lie too cool in ſummer, nor too warm in Winter; but in both Seaſons be ſure to allow them freſh Wheat Straw often enough, for this, with a convenient lying, tends very much to keep them from being louzy and ſcouring. Not but that a little ſcouring, if it laſt not too long, will contribute to whiten the Calf's Fleſh; and to this End ſome put Fuller's Earth always before them to lick, as well as Pieces of ſoft fat Chalk. It would likewiſe be a good Piece of Huſbandry,

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where a Plank Floor with Holes in it is wanting, to lay a Foundation of great Pieces of Chalk; for if the Place is bare of Straw, the Calves will be apt to lick the Ground, redden their Fleſh, and loſe their Appetite by it. Chalk prevents it.

Of bleeding ſuckling Calves. — Of this I the rather write, becauſe of the different Practice made uſe of on this Account. Some are right and ſome are in the wrong of it, and therefore many Calves diſappoint their Owners Hopes of fattening them, when they bleed them too often, or when they take too much Blood at a Time away; both theſe Extremes leſſen the Calves Appetite, and backward their fattening. On the contrary, when they are diſcreetly bled, the firſt Time at five Weeks old, and again at 7, and killed at 8, they will thrive the faſter and die the whiter, particularly in their fat Part.——Two neighbouring Farmers, that ſold their fat Calves at *Smithfield* Market, bled their Calves at different Times; one about a Week before the Calf went away, and again two Days before its Sale: The other bled his Calf for the firſt Time at a Month's Age, and again juſt before it was carried to Market. —— A Calf has ſuch a large Neck Vein, that it may be blooded by a Penknife or ſtruck with a Fleam, or a Bit of his Tail-End may be cut off. —— A Cow-calf having a ſmaller Vein than a Bull-calf, a leſs Fleam will ſerve to bleed it, nor does a Calf that is naturally white require ſo much bleeding as a redder one; which two Qualities may be partly diſtinguiſh'd by the Eyes and Mouth.—— Always cord before bleeding, and pin up.—Bleeding a Calf in the Neck makes a lean Shoulder, which is prevented by cutting off a little Bit of the Tail, to take near half a Pint away, and tie it afterwards with an End: Yet ſome tie it not, but let it go as it is.

Of cramming Calves.—This is what has been much in Practice with ſome Farmers, in Winter Time eſpecially, when Milk is ſcarce, in order to make a little go the further. But my Notion is, that this neceſſitous Way rather reddens the Calf's Fleſh than whitens it, becauſe no artificial Feed comes up to the natural Milk: However, as Neceſſity may engage the Practice, I have to ſay that there are many Sorts of invented Crams to be given fatting Calves. But no Author, that ever I read or heard of, makes

any Difference in the Time of Year of giving theſe Crams, but I do; by ſaying, that a Summer Cram ought not to have any Spirits mix'd in it, becauſe they will be apt to heat and ſweat the Beaſt too much, when in Winter they may be neceſſary: Therefore for a Summer Cram mix fine Wheat Flower with the fineſt Flower of Oatmeal, or with the fineſt Flower of pale Malt, and with Milk knead it into Crams about the Bigneſs of a Man's Finger; and begin with only giving the Calf two about an Hour before ſuckling in a Morning, and the ſame at Night, increaſing the Number of Crams as you ſee Occaſion. But for a Winter Cram, begin to make them for the firſt very weak, by putting very little Brandy or Gin in a Mixture with the fineſt Wheat Flower and Milk or Cream, and give them as before; and as the Age of the Calf comes on, increaſe your Quantity of Ingredients.—Or you may grind white Peaſe and ſift their Meal fine, which mix with fine Flower of pale Malt and fine Powder of Chalk: Theſe three knead into a Dough with Milk, and make Crams to be given as aforeſaid in Summer; but in Winter mix Anniſeed Water, Gin or Brandy with them, and obſerve not to begin cramming too ſoon; at a Month old is better than a Fortnight. If Crams are judiciouſly prepared, and rightly given to a ſuckling Calf, it is, in my Opinion, poſſible to ſave half the Quantity of Milk that otherwiſe muſt have been ſuck'd by it. But inſtead of theſe mixt Crams, my Maid cracks an Egg and thruſts it as deep down the Throat as ſhe can in the midſt of its ſuckling, and then directly ſuckles it again; and ſometimes, when Eggs are cheap and Milk ſcarce, ſhe gives two or three Eggs immediately after one another, Shells and all, for theſe are a cool Food and nouriſh much.

To make a Calf ſuck that has loſt its Appetite.—For this we make no more to do, than to take a little Salt between the two fore Fingers and the Thumb, rub the Palate of the Calf's Mouth with it over Night, and it ſeldom fails to ſuck heartily next Morning.

How long Calves ought to be ſuckled for the Butcher.—One certain Time for ſuckling all Calves can't be rightly adjuſted, becauſe of the ſeveral Incidents attending the Undertaking. For Example: Some Farmers ſuckle Calves of the Butcher's providing, for two Shillings and ſix Pence a Week in Summer, and three Shillings in Winter.

ter. Others buy them in on their own Account, to ſuckle for a chance Market, either for a *London* or Country one. If for a *London* one, then a Calf ſhould not be ſuckled leſs than nine, ten, or twelve Weeks. If for a Country one, ſix or ſeven often proves ſufficient; for at *Smithfield* they give the largeſt Price, and require the largeſt and whiteſt Calves; but in the Country Markets leſſer and coarſer Veal will go down at a lower Price. This I write at the Diſtance of thirty Miles from *London*. But to go further, I have to ſay, that many Calves are killed in the Country at ſix Weeks old, and ſent to *London* by the Higler, for as in that Metropolis there are poor and rich, they muſt have Meat accordingly; and this is the pooreſt and cheapeſt Veal that is ſo ſent, ſome Calves going with the Cow in the Field from the Time of its falling to its killing, others are ſuckled in a Houſe, and both employ conſiderable Numbers of Butchers and Higlers within forty or fifty Miles of *London*, who get moſt of their Livelihood by it: Which leads me to make ſome Obſervations on Veal.

Obſervations on the Goodneſs and Badneſs of Veal.—VEAL, ſays a Phyſician, is temperate and tender, though ſometimes wateriſh; if it is thoroughly roaſted, it affords good Juice, is of a pleaſant Taſte, and yields a thicker Juice than Lamb or Mutton: But there is more to be ſaid on the Account of Veal than what this Phyſician writes. I ſay, that it is the Practice of many Cow-keepers to ſuckle the largeſt and fatteſt of Calves for a *London* Market, even till they are twelve or more Weeks old, and in this Time to bleed them often, and the Night before they are carried to *Smithfield* to bleed them exceſſively; inſomuch that I have ſeen ſeveral in *London* Streets that could not hold being drove to the Butcher's, but fainted and fell down by the Way. Now ſuch old rank Fleſh in the firſt Place muſt be very coarſe-grained, as being Part Beef and Part Veal: And in the ſecond Place, it muſt eat very dry, for want of that Gravey which was exhauſted by frequent Bleedings. A Calf therefore that has been conſtantly houſed, been bled but once or twice at moſt, and kill'd at ſix or ſeven Weeks old full fat, will prove by far the ſweeteſt Veal. To which I add, that there are two other Sorts of Veal brought to ſome Markets: One Sort is, that from Calves always let run

in the Field with its Dam-Cow for a Month or more; this Sort is red, coarſe, and cheap. There is alſo another Sort ſuckled in the Houſe, but killed at five or ſix Weeks old, to give the Owner the greater Benefit of his Milk for making Butter; of this laſt, as they are generally thoſe Calves that fall at thirty, forty, or fifty Miles from *London*, the Butcher is forced to employ many white Cloths to wrap the Quarters in, for abſorbing the bloody Moiſture, that is apt to ouze out of the Fleſh in ſuch a long confined Carriage in Hampers by the Waggon. This, with firſt ſoaking the Fleſh in cold Spring Water before, to make it look white when it comes to *London*, extracts the gravey and hearty valuable Part of the Fleſh in a great Degree, and leaves it an inſipid flabby Veal. But no Matter, ſays the Suckler and Butcher, what the Fleſh is, ſo we get the more Money by it; which made one ſay, he never doubted being Maſter of white Calves Fleſh, provided he bled it at a Fortnight old, and the ſame a Fortnight after; and ſo on, till the Creature has been blooded perhaps four or more Times; and as the laſt Bleeding is done the Day before the Calf is killed, it is bled till it piſſes or dungs before it is pinned up, but then what muſt the Fleſh be?—In *Cheſhire* and ſeveral other Parts of the North, where they carry on large Cheeſe and Butter Dairies, they get rid of a Calf as ſoon as they can; and therefore ſell ſome at a Fortnight old for four or five Shillings a Piece to the Butcher, and ſeldom ever keep one above three Weeks; but whenever any Calf is killed, the Butcher ſeldom fails of blowing it, for making the Fleſh the larger and fairer to the Buyer's Eye, and to give it the whiter Colour, when the Calf is flayed, he will lay the whole Carcaſe in cold Water or in wet Cloths for ſeveral Hours, or a whole Night; others only Joints.

Of Cows hoving or what ſome call ſwelling, by their eating Clover-Graſs, or Rapes, or Turnip Tops.

HOW the Care and Inſpection of Cows belongs to the Country Houſewife.—IT is certain, that great Part of the Inſpection and Management of Cows belongs to the

the Country Houſewife and her Maid-Servants, where they carry on a Dairy, and commonly where they ſuckle Calves to fat for the Butcher; for as theſe milk them Morning and Evening, they have an Opportunity to eſpy the Cauſe and Beginning of Diſtempers, and in ſome Caſes to adminiſter Medicines for the Cure of the ſame, while the Maſter and Men-Servants ſeldom do more than give them Provender and clean their Stalls; beſides which, when the Maſter and his Men are abroad, the Dame and her Maid are generally at home, ready to aſſiſt or get Aſſiſtance, if any extraordinary Event ſhould happen to the Cows, an Example of which take as followeth.

Of preſerving the Health of Cows, and of Remedies when they are ſick or hurt.—It is a Maxim in Phyſick, that Diſeaſes may be prevented when they cannot be cured; therefore the firſt Thing I have to advance on this Account is, that ſomething be given to a Cow by way of Antidote for keeping her in Health, preventing future Diſeaſes, and cauſing her to give pure Milk, and a due Quantity of it. This Piece of good Huſbandry is ſo little regarded by moſt People, that very few have any Notion of it, and therefore let their Cows take their Chance, as if there was no ſuch Thing to be done. Hence proceed thoſe fatal Diſtempers, the Murrain, the Garget, the Blain, the Yellows, and many other foul Maladies incident to theſe moſt ſerviceable Creatures, merely for want of timely Applications and Remedies. While I am writing this very Account, I hear that one of my Neighbours Cows has got the Garget in her Bag to that Degree, as obliges the Owner to ſend for the ſame Cow Doctor he did once before from *Ivinghoe-Arſon*, who by a well compoſed Drink cured her, though ſhe was then like to have died; whereas, had a good Drink been given her preſently after calving, this Misfortune had not happened.

A Drink to be given a Cow preſently after Calving.—Assoon as a Cow has calved and lick'd her Calf, we ſtay a little from milking her to ſee if ſhe will glean, which ſome Cows will do in an Hour or two's Time; but if ſhe exceed this, we commonly milk her, and give her the Milk to drink, as I ſaid before, which ſome will take, and ſome will refuſe. Some Cows again that go to graſs are ſo full of Milk, that they muſt be milk'd

a little before they calve, elſe their Bag will be in Danger. However, the Water ſhe has for the firſt two Days we give milk-warm, with a Handful of Bran or Barley-Meal ſtrew'd over it; and this we do, let it be Summer or Winter, for it has been the Death of ſome Cows to drink cold Water preſently after calving, except it be thoſe that always lie at graſs and calve in the Field, for theſe are not in ſo much Danger as a Cow that is houſed now and then. The third Day after calving I give three Pints of Piſs out of a Horn to a Cow, and about a Week after repeat the ſame; for this cleanſes her Body and Blood, creates an Appetite, and prevents the Breed of Diſeaſes, and is ſo cheap and ſafe an Antidote that none can object againſt it; and for giving it, one Man muſt gripe her Noſtril with one Hand, and hold the Horn with the other Hand, while another opens her Mouth with his Hand, and pours down the Drink with the Horn. Or you may make uſe of the following Drink.

A Soot Drink to preſerve a Cow in Health all the Year.— GET half a Pint of pure fine Wood Soot, and mix it with half an Ounce of Diapente and a Quartern of freſh Butter. The Soot and Diapente muſt be firſt boiled about a Quarter of an Hour in three Pints of ſtrong Beer or Ale, and when it is half cold, diſſolve a Quarter of a Pound of freſh Butter in it, and when the Drink is blood-warm, give it the Cow well mixed; and for the greater Aſſurance, you may repeat this Drink a Week or Fortnight after. *N. B.* The Diapente is a cheap Powder, and is ſold at moſt Apothecaries Shops in Town and Country. There are ſeveral other Compoſitions that might be made to anſwer ſomewhat of this Purpoſe; but as I have proved both theſe ſeveral Times, I recommend them, eſpecially the laſt, as a moſt ſafe and efficacious Drink.

A Drink to make a Cow glean. — IT was the Practice of a Vale Dairy-man to heat two Quarts of Butter-Milk, and while it was heating, to ſtir into it one Ounce of Treacle, and one Ounce of Flower of Brimſtone, and give it out of a Horn a little more than blood-warm.

A ſecond Drink.—A Cow-keeper near *London*, that keeps above two hundred Cows, gives bruiſed Parſley-Seed in Ale, to make a Cow caſt her Glean.

A third

A third Drink.—Give ſome Flower of Brimſtone in Wort, and ſome Diapente in it; one Ounce of each Powder in this or Ale.

A fourth Drink.—Make a Quarter of a Pound of Soap into a Lather in a Quart of warm Ale, and it will bring it away in one Hour's Time. But this Receit to make a Cow caſt her Glean muſt be cautiouſly made uſe of, for it is of ſo ſlippery a Nature that it may cauſe her Bearing to come out; and then this Remedy will be far worſe than the Retention of her Glean.

A fifth Drink.—Mix one Ounce of Flower of Brimſtone with a Quart or three Pints of warm Ale, Wort, or Milk, and as much Powder of white Pepper as will lie on a Half-crown, and give it out of a Horn. This is a very good Receit to make a Cow glean, and is alſo very proper to give to all Cows the ſame or the next Day after calving.

Of the ill Effects that attend the gleaning of Cows.—An Author that writes a Book of this Kind, and never owned a Cow, muſt be obliged to compoſe ſuch a Work either by Collections from what others have wrote before, or by Hear-ſay; in either Caſe he is liable to lead Perſons into very detrimental Errors. It is true, I have in this and former Treatiſes preſented my Readers with ſeveral Receits to expedite a Cow's gleaning but I here give Cautions with them, a ſtrong Cow and a weak Cow are both ſubject to ſuffer in gleaning, by that fatal Malady that ſome call Withering, that is to ſay, her Bearing comes out behind, and when this happens, the Cow is near ſpoiling. Now this Misfortune may be occaſioned naturally or accidentally; naturally, when a Cow has calved a larger Calf than ordinary; accidentally, when ſhe has got a Cold, or by having too ſtrong and forcing a Drink given her to forward her Gleaning, or by drinking cold Water too ſoon after calving. But theſe are not all the ill Effects that attend calving Cows; for if a Cow is not carefully watched when ſhe has calved, ſhe may eat her Glean, as moſt Cows are prone to do. When Cows calve at Graſs and eat their Glean, it is not of ſuch ill Conſequence as when ſhe eats it in a Houſe, becauſe the Graſs helps to purge it away; yet there is this Evil attending it both at Graſs and in the Houſe, that a Cow may be choaked in eating it.—At *Eaton* in *Bedfordſhire* there was a Farmer's beſt Cow at Graſs,

that happened to calve in the Field, and in eating her Glean it choaked her; ſo that in the Morning, when the Owner came to ſee her, he had for his Sight a dead Cow, but a live Calf: Therefore we are ſometimes obliged to ſit up with a Cow all Night to watch, and take her Glean away with a Fork; and if Part of her Glean hangs down, as it often does, we put the ſtringy Subſtance through the Hole of a Tile, to prevent its returning in again, and for bringing it leiſurely away; for ſuch Subſtance muſt not be pull'd away haſtily, if it is, it may cauſe the Cow to ſuffer.

A ſafe Way to make a Cow glean.—To avoid the ill Effects that too ſtrong forcing Drinks may produce in cauſing a Cow's Bearing to come out, it is a common Way to hold Oats in Straw over a Fire; or in caſe you have no Oats in Straw, take clean Oats and hold them in a Sieve over a Fire to be ſmoaked, and then give them to the Cow to eat. This will oblige her to huſk or cough, and ſtrain, and thereby help to diſlodge and bring away her Glean in a ſafe Manner.

How to cure a Cow that by ſtraining has her Bearing come out behind. —When this is the Caſe, it is to be returned into the Cow's Body by the Help of moiſt warm Bran, and warm Cloths. Others mix new Milk with powder'd Linſeeds for putting it up. But theſe will not do without the Help of other Means, for when the Cow lies down, the Bearing is apt to come out again; therefore when it is returned in, we ſling her, ſo that her Feet bear very little on the Ground, and always keep her hind Part higher than her fore Part; by this and comfortable Meat, ſome Cows have recovered.

A knaviſh Trick that has been made uſe of to ſell a Cow that withers, or has had her Bearing come out.—When this Misfortune has happened to a Cow that has a bulky Body in tolerable Fleſh, it has put ſome knaviſh Perſons on a Stratagem how to cheat a Buyer at a Fair or Market, by ſelling him ſuch a Cow and Calf; and to do it cleverly, they get a Shoemaker's End, and ſtitch up her Bearing behind, juſt before ſhe enters the Fair or Market, and takes the firſt Chap that bids Money; for there are ſome ſo ignorant, as not to miſtruſt any ſuch Thing, and therefore make no Inſpection about the Matter, but when the Cow comes to ſtale, the Bite too late is perceived.

The Caſe of a Buckinghamſhire *Gentleman's two Cows, whoſe Bearings came out; one died of it by wrong Management, the other was ſaved by right Management.*— To cure the firſt Cow, they made ſeveral Attempts, but could not make the Bearing ſtay in but a very little while, before ſhe ſtrained and forced it out again, notwithſtanding they were an Hour each Time in putting it up; this ſo fatigued and hurt the Beaſt, as made her bleed to Death. After this, another of the ſame Gentleman's Cows was taken in the very ſame Manner, upon which they employed another Cow Doctor, who, upon hearing how they had treated the laſt Cow, ſaid they had acted wrong. The firſt Thing therefore that this called for was a Sack, Part of which he cut off; and when he had ſoaked her Bearing in warm Water long enough to make it ſlippery, he eaſily put it in, and ſewed both Ends of the Sackcloth to the Cow's Skin, which had the deſired Succeſs, by making her forbear to ſtrain; for if ſhe ſtrained, it hurt her, and thus the Cow was cured: Whereas the other ſewed up her Sheath with Tape, but this did not prevent her Bearing coming out again; not but that ſome Cows have recovered of this Malady by only moiſtening the Bearing and returning it in, and have done well.—I knew a Cow at calving twice had her Bearing come down, and at laſt was fatted and ſold to the Butcher.

The Nature and Cauſe of a Cow's piſſing bloody Water.— This Diſeaſe is fatal if not ſtopt in a little Time, becauſe in a few Days it turns to what we call the Oak Water, and then from being of a red Colour it becomes of a blackiſh red, and generally kills. All Authors have hitherto been deficient in aſſigning the Cauſe and Prevention of this Malady, therefore many People are ignorant how to prevent it. It is chiefly cauſed by their feeding in the Spring Time on flaſhy Graſs, croping the black Thorn and ſome other Shrubs. In ſome Parts of Vales it is cuſtomary for Cows not to be admitted graſing on Commons till the 11th Day of *May*; other Grounds in *June*. Then if it is a wet Spring, and Graſs grows apace high and flaſhy, the poorer Sort of Cows are apt to feed very greedily, ſo as to bring themſelves under this Diſtemper.

The Method that ſome take to prevent a Cow's piſſing bloody Water. — Those Perſons that are aware of this Evil

Evil take particular Care to give their Cows ſome Hay, Straw, or Chaff, when they come off from a Common or other Ground in the Spring Time to be milked; for by giving her this dry Meat, it abſorbs Moiſture, and very much prevents the ill Effects of flaſhy raw Graſs; and this ſome will practiſe in a dangerous Seaſon, to almoſt *Midſummer*.

The Cure for a Cow's piſſing bloody Water.—My Neighbour had one ſo bad of this Diſorder, that after applying ſeveral Remedies they did no good, till one adviſed him to make uſe of this:—They got ſome Shepherd's-pouch and cut it very ſmall, Bole Armoniac and Vinegar (the latter was about a Pint and a half) which being boiled a little while all together, when cold enough they gave it to the Cow, and it cured her. The Herb Shepherd's-pouch has a white Flower, and grows in gravelly Ground; it is a ſtrong Stopper of Fluxes.

A ſecond Receit for the ſame.—SOME have put a live ſquab tame Pigeon with its Head foremoſt down the Throat of a Cow, and it has cured. Inſtead of her drinking cold Water, give her but little, and that milk-warm, with ground Malt or Bran in it.—Some had rather ſee a Cow piſs Blood, than a bloody Water, as reckoning the firſt eaſier to cure than the laſt. A Cow that has piſſed bloody Water has been cured in three Hours Time, by putting a large live Frog down her Throat.

A ſure Cure for a Cow that ſcours.—TAKE half a Pint of Rennet for a ſtrong Cow; but if it is a weak one, give it only a Quarter of a Pint, mixt with ſome Powder of Chalk finely ſifted, in a Quart of Ale or ſtrong Beer; and repeat if Occaſion.

How an ignorant Farmer, by ſuffering his Cow to drink Dunghill Water, had near kill'd her by the Scour.—THIS is the ſecond Farmer that I have known guilty of this Error to their Loſs. Cows naturally affect to drink this black Dunghill Water, and to eat the long Litter of a Dunghill; and for this Reaſon, I oblige my Servants ſtrictly to keep them from both, tho' when their common Drink Water is only a little tinctured with it, it is of no ill Conſequence, but on the contrary, in Winter eſpecially, it takes off the chilly raw Nature of it, and prevents the Belly-ach and Gripes; but when their Drink Water is black, eſpecially in Summer-time, it generally ſwarms with Lice, Polipes, and other Worms,

Water

Water Spiders, the Spawn of Frogs and Water Toads, and other monſtrous Inſects that greatly breed and multiply in ſhallow and narrow Receptacles of ſuch foul filthy Water, and which are unavoidably ſwallowed by Cows that drink at it. Now as that may be prevented which cannot be cured, I here, by plainly ſhewing the Caſe, tell my Reader how that Damage may not fall to his Lot, which befell the Farmer I am writing of, who was one that rented about ſixty Pounds a Year, living not many Miles from *Dunſtable* in *Bedfordſhire*, and who (not having the like Misfortune before) did not take any Precaution to avoid it, but let his Cow drink of a naſty Dunghill Water till it ſcour'd, and Bugs bred in her Skin to that Degree, that on hard ſqueezing of the Knobs they bred in, they came out; others that were bigger they lanced, and took out many that were half as big as a Caterpillar. In ſhort, this black Water had ſo corrupted and poiſon'd the Blood of the Cow, that they were forced to dry her at two Months End after calving, in order to try for curing her.—Another Farmer rotted a Cow, by ſuffering her to drink Mudgell-hole Water; as did another by letting his Cow have free Acceſs to the Hogwaſh-tub.

How a Farmer preſumptuouſly bought a ſcouring Cow, in Aſſurance of his curing and fattening her.—A Farmer living near *Charley-Wood* by *Rickmanſworth* was tempted to buy a Cow that he knew run out, for the Sake of the little Money that he gave for her, with an Intent to cure and fatten her; and he did both, by keeping her always in the Houſe, and feeding her with Oats, Chaff, and Hay.

To cure an inflamed ſnarl'd Bag or Udder of a Cow.—This for the moſt part happens preſently after a Cow has calved, when the Bag will look red and angry, which if not cured may oblige the Owner to have Part of the Bag cut off, or it may turn to the Garget in the Guts and kill the Beaſt. For the Cure of this, there are many Receits; one is, to hold a Piece of fat Bacon between a Pair of Tongs made red hot, let it drop before the Fire into cold Water, and rub the Cow's Bag well with the Greaſe that ſo drops out, which will cure, if the Bag is gargetty. —This is the *Cheſhire* Method; but our *Hertfordſhire* Method is otherwiſe.

The

The Hertfordſhire *Method to cure a gargetty or inflamed Bag of a Cow.*—This Garget or Inflammation commonly begins in one Teat, which it ſwells and makes hard, then gets into another, and ſo to all the reſt; next it takes the Bag, which alſo becomes hard and ſwell'd: At laſt it takes the Guts, and then the Cow very likely dies; but this like other Diſeaſes, if a proper Remedy is applied in Time, may be eaſily cured. My Maid every Year makes a Pot of Adder's-tongue Ointment, ſolely for this very Uſe; it grows as before mentioned in my Meadows, is known by its pecked Stalk, ſomewhat in the Shape of an Adder's Tongue, and is in its full Virtue in *Auguſt*, when we gather it, cut it ſmall, bruiſe it, and boil it with ſome Butter as it is taken out of the Churn, free of any Salt; then we ſtrain out the thin Parts, and preſs out what remains in the thick herby Part, and keep it in a glazed earthen Pot all the Year ready for our Want; and when we want it, ſhe rubs it ſoundly on the Cow's Teat or Bag, which generally at once or twice uſing it diſperſes the Humour, allays the Swelling, and cures. For, thus made, it is a Balſam that heals green Wounds, Bitings of venomous Creatures, St. Anthony's Fire, Burns, Scalds, hot Tumours, Apoſthumes, ſpreading Sores and Ruptures, as a Phyſician's Character is of it. — Others take Adder's-tongue, Melilot, and Sellery Stalks, and when they have been well bruiſed, they boil the Juice up in freſh Butter without Salt.—Others boil the Juice of Rue and Houſeleek with that of Adder's-tongue in Butter; but the niceſt Way of all is, to ſtamp the Adder's-tongue Herb in a Mortar, ſqueeze out its Juice, and boil it up in Butter or freſh Lard, without any Salt: But Butter is beſt, becauſe the Lard may give an unpleaſant Tang to the Milk, if it ſhould be mixt with it as the Cow is milking. Put the Juice and Butter into your Saucepan together, and boil them for a Quarter of an Hour.

The Damage of ſuffering long Hairs to grow on a Cow's Bag or Udder.—This Article, as trifling as it may appear, is of no little Conſequence, becauſe it is the ready Way to cauſe a Cow to become a Kicker if neglected. A Dairy-woman being with her Huſband on Buſineſs at an Inn in the Town of *Bedford*, ſhe ſaw the Maid-ſervant in a ſad Confuſion as ſhe was milking her Cow, as not being able to milk her quietly; upon this the

Woman

Woman ſaid to the Maid, go fetch me a Pair of Sciſſars, and I will engage you may milk your Cow to your mind; the Sciſſars being brought, the Woman clipt all the long Hairs ſhort that grew on her Bag, and then the Cow ſtood perfectly ſtill.—This was never before taken notice of by any Author whatſoever, yet how neceſſary it is, I leave my Reader to conſider, ſince this is the very Cauſe why many Cows are made deſperate Kickers, and if they are ſuffered to be accuſtomed to it, ſome will never leave it. It is therefore the Part of a good Country Houſewife to clip the Hairs from off the Cow's Bag twice a Year at leaſt; that is to ſay, at Spring and Fall of the Year. But without ſtaying for Time, it ought to be more eſpecially done, when a Cow has calved; for if the Hairs are ſuffer'd to grow long (as ſometimes they do if neglected, till they are as long as the Cow's Teats, and curl again) the Calf cannot help lugging the Hairs as well as the Teats, and then the Cow in courſe kicks the Calf, and thus hinders it from getting a Belly full of Milk. Again, the cliping off Hairs from a Cow's Bag is the more neceſſary to be done for preventing their lodging Dirt, as ſome ſhort-legged Cows are obliged to travel in the Dirt in coming Home to be milked, becauſe long Hairs will take up and lodge much Dirt; but whether ſuch Cows have long or ſhort Hairs on their Bags, the Milkmaid is obliged to waſh them before they can be milked clean.

Various RECEITS.

TO roaſt a Pound of Butter or more the Iriſh *Way.*—TAKE a Pound of Butter, ſeaſon it well with Salt, and put it on a wooden Spit; place it at a good Diſtance from the Fire, let it turn round, and as the Butter moiſtens or begins to drip, drudge it well with fine Oatmeal, continuing ſo to do till there is any Moiſture ready to drip, then baſte it, and it will ſoon be enough. A certain *Iriſh* Woman told me this eats vere nicely, inſomuch that ſhe has done on a *Chriſtmas* Eve twenty-ſeven different Pounds ſo, at a Farmer's Houſe in her Country,

Country, where it has been kept all the Holidays, to accommodate a Friend with a Slice or two, as we do Cakes or minced Pies here.

Another Iriſh *Country Diſh.*—BOIL Potatoes and Parſnips till they are ſoft, make them into a Maſh with ſome new Milk, and add a Cabbage boiled tender and cut very ſmall; mix the whole well over the Fire with Store of good Butter, ſome Salt and Pepper, and eat it hot.

To make a Herricane.—TAKE Slices of Turneps, Carrots, and ſome young Onions; boil them a little to make them ſomewhat tender, and after ſome Mutton Steaks are fry'd and taken up, put in the parboil'd Roots and fry them brown; clear your Pan, put in ſome Butter, Flower, Water, and ſome Gravey (if you have it) and brown it; then put in your Meat, *&c.* to warm, and ſerve it up.

To collar a Breaſt of Mutton. — BONE and ſkin it; then prepare ſome Seaſoning of Parſley, a little Thyme, Onion, Pepper and Salt, with ſome ſmall Slips of Bacon laid croſs-ways, and your Seaſoning ſpread along it; roll it up, and tie it, ſetting it up end-ways in the Sauce-pan with ſome Water; cover it cloſe, letting it ſtew gently till it be very tender; when you think it about half done, turn it.

To dreſs a Loin of Mutton. — SKIN a Loin of Mutton, and thruſt in long-ways ſome Stuffing of Parſley, a little Onion, Egg, Bread, Nutmeg, Pepper, and Salt, and then roaſt it.

The beſt Way to roaſt Pigeons — Is firſt to ſtuff them with Parſley chopt very ſmall, ſome Butter, Pepper, and Salt; tie them cloſe Neck and Vent, parboil them, and afterwards roaſt them. The Parboiling makes them eat pleaſanter, plumps them, and they eat not ſo dry as otherwiſe; and it takes off the uſual ſtrong Tang.

Jugging Pigeons — Is to put one or more ſo ſtuft without Liquor into a Stone or other wide-mouthed earthen Pot cloſe tied over with Bladder, and ſo boiled in Water till enough.

To eat raw Cucumers in a wholeſome pleaſant Manner. — WHEN you have pared and ſliced Cucumers, put a little Water and ſome Salt over them, and let them ſtand ſo about ten Minutes; then drain that from them,

them, and juſt waſh them with a little Vinegar, throwing that away likewiſe, before you put Oil and Vinegar upon them. This will make them eat much criſper and finer than without ſuch Management.—The Addition of a few green Naſturtian Pods freſh gathered and eat with them, correct them, and make them much wholeſomer as well as pleaſanter, eſpecially to ſuch as do not chuſe to eat Onions with them.

The beſt Way to pickle Walnuts after the French *Method.* TAKE fine freſh-gathered ſucculent Walnuts about the latter End of *June* or Beginning of *July*; wipe them well with Flannel, and pour upon them Rape Vinegar enough to cover them. Let it be upon them nine or ten Days; then pour it off into a Jar or wide-mouth'd Glaſs Veſſel, adding thereto a few Bay-Leaves, ſome Horſe-Radiſh groſly ſcraped, ſome black Pepper and Salt at Diſcretion; ſtop the Veſſel cloſe, and put it by to be uſed for Sauce as Kechup, which it far exceeds. Then having put ſome Pieces of Horſe-Radiſh, a few Bay-Leaves, and ſome whole black Pepper between every Layer of the Nuts, till the Jar is near full, fill it up with the ſtouteſt right White-wine Vinegar cold, and cover it very cloſe with Bladder and Leather, and they are done.—Be ſure let no Salt touch the Nuts, and (thus managed) they will appear beautifully green, have their natural fine Taſte, and eat firm and good for five Years or more.—This Receit with the following one was given by Monſieur *Lebat*, who ſays this is the right Way, and that in *England* they do not know how to pickle Walnuts right.

To pickle Cucumers.—TAKE *Girkin* Cucumers freſh and dry gather'd, wipe them clean with Flannel, and cover them with the beſt Vinegar cold; let it lie upon them nine or ten Days, then pour it off and caſt it away. Juſt boil up ſome more beſt Vinegar with ſome groſly ſcraped Horſe-Radiſh, and whole black Pepper; let it ſtand till it is cold, and having firſt put a little Horſe-Radiſh thin ſliced and whole Pepper between every Layer of the Cucumers, pour over them the boiled cold Vinegar; ſtop your Jar very cloſe with Bladder and Leather, and they are done.

To pickle Walnuts white.—TAKE your Walnuts at the latter End of *June*, try them with a Pin, *&c.* pare the green Outſide till you come to the white, and put them into

into cold Water as you pare them. When done, fling them into a Pot of boiling Water, boil them till tender and as quick as you can; then take them out, and put them into cold Water. A hundred and half will take up a Quart of Vinegar, one Ounce of black Pepper whole, half a Quarter of an Ounce of Mace, and twelve Cloves. Let them boil together, then fling in the Nuts, and give them one Boil; when cold, ſtop them cloſe, and keep for Uſe.

To pickle Oiſters.— TAKE a Quart of Oiſters and waſh them in their own Liquor from the Gravel, then ſtrain your Liquor to them again, and ſet them over a Fire to boil a Quarter of an Hour ſoftly, to plump them; then take them out of the Liquor and put them into the Pot you keep them in, ſtrain the Liquor over again, and put to it four Spoonfuls of White-wine Vinegar, half a Spoonful of whole Pepper, a Blade or two of Mace, and a Quarter of an Ounce of Cloves, with ſome Lemon-peel and ſome Salt. Let all theſe boil together a little while, pour it to the Oiſters and the Spice with it, and when cold cover cloſe.

Mrs. Hays's *Receit to make a Seed Cake.* — TAKE three Pounds of Flour, four Ounces of fine Sugar, half a Pint of Cream boiled, two Pounds of melted Butter, one Pint of good Ale Yeaſt, eight Eggs with two Whites. Mix the Sugar with the Flour, make a Hole in the Flour, and put all theſe together into it. Let it ſtand by the Fire half an Hour, then mix it together, and ſtrew in one Pound of Carraway-ſeed, then put it in a Hoop and bake it an Hour.

A notable Oxfordſhire *Houſewife's common Way of making Marrow Puddings.* — TAKE the Crumb of a Penny Loaf, a Pound of clean pick'd waſh'd Currants, the Quantity of two *London* Quarts of new Milk boiled, the Marrow of a common large Bone, a Pound of Suet, nine Yolks of Eggs, half a Pound of Sugar, a Nutmeg, and two Pennyworth of Mace powder'd, a little Salt, and half a Dozen large Spoonfuls of Flour. Mix, and fill your Hog's Guts but half full, tying each Yard in four equal Parts. After you have tye'd them up (that they are not above half full) waſh them in rather hotter than blood-warm new Milk, and directly throw them into a Kettle of boiling Water, letting them only ſimmer therein for

eight

eight Minutes, for if they continue longer they will burſt: When boiled, lay them upon Wheat Straw on a Sieve, and they will dry in ſeven or eight Minutes; then you may broil them brown, and eat them. They will keep five or ſix Days in warm Weather, but at *Chriſtmas* or in a hard Froſt three Weeks.

The Proceſs of making Hogs large Gut white delicate Puddings. — TAKE a Quarter of a Peck of the beſt Flour, three Pounds of the Hog's Leaf cut ſmall, two Pounds of the beſt Raiſins of the Sun, a Quarter of an Ounce of powder'd Ginger, half a Nutmeg, a Blade of Mace, a little Stick of Cinnamon, and three whole Eggs well beat. Seaſon the whole with Salt and with new Milk, blend theſe together almoſt as ſtiff as Paſte for Pye-cruſt, fill your large Guts moderately full, tie them at both Ends about half a Yard long, put them in boiling Water, and let them boil a Quarter of an Hour upon a ſlow Fire. Lay theſe upon Straw as the other, and keep them ſo till uſed; then cut them in Slices about half an Inch thick, lay them upon the Grid-iron over a clear Fire, broil them brown and eat them. — *N. B.* Theſe laſt are praiſed much, as being exceeding fine, ſhort, and well reliſhed of the Hog's Meat.

To preſerve the Chine, the Tongue, the Spare Ribs, ſhort Ribs, But-Pieces, Hocks, and Head of a Porker or Baconer. — THE common Way practiſed by our *Hertfordſhire* Farmers Wives to do this is thus: When they ſalt down the fleſhy Pieces of Pork for pickling them, I ſay after this is done, they ſalt the two But-Pieces, the two Hocks, the two Spare Ribs, the Chine, the Head, and the Tongue. If the Chine and Spare Ribs are to be ſold, I generally contrive to kill the Hog a Day or two before the Market Day, for the Opportunity of ſelling them to the *London* Higler, becauſe theſe Pieces fetch a better Price than ordinary; in this Caſe they only juſt ſprinkle them with common Salt. But if they are to be kept for ſpending them in the Family, they ſalt the Spare Ribs, and hang them up where the Blow-fly cannot come; and the Chine, the Hocks, the Head, and the Tongue, they ſalt and lay in an earthen glazed Pot or Tub, where they are to remain as they are put in, till they are dreſſed. In doing all which, they make uſe of no other than common Salt; for as they are to be boil'd or roaſted,

or baked in a little Time, they think there is no Occaſion for any other Salt. — A ſecond Receit is how to ſalt a Chine, Spare Ribs, and Tongue, for drying them in a Chimney: To do this, mix about a Quarter of an Ounce of powder'd Salt-petre with a Quart of common Salt, and with this Mixture ſalt the Pieces all over; and when it is rubbed well in, let them lie under this ſalting two or three Weeks; then wrap each of them in Paper, and hang them up near but not too near a Fire, and if this is cleverly done, the Chine and Spare Ribs will keep good four, five, or ſix Months; the Spare Ribs for roaſting or baking, and the Chine for boiling, provided they are (juſt before uſing) ſoaked in warm Water a Day and a Night; and if they are not freſh enough, you may ſoak them in more warm Water, and you need not fear their eating good and freſh: And I alſo add, that by this ſame Method both Pork and Bacon Offald may be preſerved a great while ſweet and ſound, though kill'd and thus managed in Summer; partly becauſe Salt-petre is a moſt powerful Searcher and Preventer of Taints, and becauſe it forces and drives in common Salt, when they are mix'd and uſed together. But ſalting Spare Ribs thus is not agreeable to all, becauſe the Salt-petre colours them reddiſh, and hardens the thin Meat of theſe bony Pieces too much. — A Farmer's Wife, that lives near *Market-Street* in *Hertfordſhire*, allows it to be a houſewifely Way, to put the ſhort Ribs of a Porker into Pickle, becauſe, as ſhe ſays, there is leſs Waſte of the Fleſh this Way than in ſalting them; beſides which, ſhe thinks this bony Meat eats the pleaſanter for being thus pickled.— Another of our Country Houſewives manages her Offald Pieces of Pork in this Manner: She makes Pyes of her ſhort bony Pieces, and the coarſe Pieces ſhe boils firſt; ſo that ſhe ſalts down only her fat fleſhy Pieces of Pork clear of all Bone, for if the bony Pieces of Pork were ſalted down with the fleſhy Pieces, they would ſtink and corrupt the fleſhy Pieces.

To make a Mince-Pye coſtly and rich. — To one Pound of the Meat of a Tongue, add two Pounds of Suet, ſix Pippins, and a green Lemon-peel ſhred ſmall, with an Ounce of *Jamaica* Pepper, two Pounds of Currants, Citron, Lemon, and Orange Peels, candy'd and ſhred ſmall. Mix all theſe with half a Pint of Sack, and fill your Pyes with

with it. And to make this richer ſtill, add two Spoonfuls of Lemon Juice or Verjuice, ſtoned and ſliced Dates, with ſome chop'd Raiſins. — Another ſays: Take an Ox Heart, or Tongue, or Meat of a Surloin of Beef, parboil it, and chop it with two Pounds of Suet to every Pound of lean Meat; this mix with a two-penny grated Loaf and eight Pippins minced fine. It makes excellent Pyes, if Spice, Sack, and Orange-peel are added, with two Pounds of Currants to every Pound of Meat. Alſo that this Compoſition may be kept in an earthen Pot in a dry Place a Month or more good, and to make the Pyes eat moiſt, as ſoon as they are out of the Oven, put in a Glaſs of Brandy or White-wine. — Another ſays, that ſavoury Mince-Pyes are beſt made with equal Parts of Mutton and Veal, and other proper Ingredients. — Another ſays, that double Tripe boiled tender and minced ſmall, with Currants, Sugar, and other Materials, makes good Mince-Pyes.— Another, to make Mince-Pyes without Fleſh, ſays: Boil a Dozen or more of Eggs hard, then boil alſo a Pound of Rice very ſoft; mince the Eggs, and beat the Rice to a Pap: Mix theſe with Beef Suet ſhred, Currants, Raiſins, Sugar, Nutmeg, candy'd Orange-peel, and put the whole into a Pye with Sack, and bake it in an Oven moderately heated.

How a poor Woman makes palatable Mince-Pyes of ſtinking Meat. — THIS is a poor induſtrious Woman that rents a little Tenement by me of Twenty Shillings a Year, who for the Sake of her Poverty is every Week relieved, with many others, by the moſt noble Lord of *Gaddeſden* Manour; who killing a Bullock almoſt every Week for his very large Family, he has the Offald Meat dreſſed, and is ſo good as to have it given away to the pooreſt People in the Neighbourhood. But it ſometimes happens, through the Negligence of careleſs Servants, that this charitable Meat is apt to ſtink in hot Weather, for want of its due cleaning, boiling, and laying it in a cool Place: However, the Poor are very glad of this Dole, as it does their Families conſiderable Service. And to recover ſuch tainted Meat, this Woman, after boiling and cleanſing it well, chops and minces it very ſmall, and when mixed with ſome Pepper, Salt, chop'd Sage, Thyme and Onion, ſhe bakes it: This for a ſavoury Pye. At another Time ſhe makes a ſweet Pye of this Fleſh, by mixing a few Currants

and Plumbs with it. But in either Form the Taint is ſo leſſened that it is hardly to be perceived.

How to make Hertfordſhire *Cakes, Nuts, and Pincuſhions.* — THESE are much uſed in *Hertfordſhire*, for giving Farmers Servants a changeable Dinner now and then to their Satisfaction; for if they are made as they ſhould be, the Men are generally fond of them. To do which, our Houſewife puts ſkim Milk and Hogs-lard over the Fire, and warms them only for mixing. Then ſhe takes ſome Flour, Sugar, Yeaſt, and an Egg or two, with the Powder of *Jamaica* Spice, and makes a Paſte of theſe and the Milk and Fat, as if for Pye-Cruſt; and when it is work'd and rolled enough, to the Thinneſs of about a Quarter of an Inch, ſhe cuts it out in two-inch ſquare Pieces, and boils them in Hogs-lard in a little Kettle, or in a Stew-pan or Frying-pan. Others roll up this Paſte in the Shape of Walnuts, and dreſs them in the ſame Manner the ſquare Pieces are.—— *N.B.* No Fat is ſo good for this as Hogs-lard, becauſe the Lard hollows the Cuſhions or Nuts, and makes them look whiter than any other Fat does; though ſome for Want of this make them with Dripping, *&c.*

How much the Guts or Chauldron of a Calf is in Eſteem with the People in and about the Town of Tring *in* Hertfordſhire, *for making Pyes with them.* — IT is notoriouſly known, that *Tring* Market has acquired no little Reputation for the Sale of the whiteſt and beſt of Veal, becauſe the Ground of the adjacent Country produces a moſt ſweet Graſs and Milk, and white Calf's Fleſh. By which there are great Numbers of Calves fatted and kill'd in a Year for the *London* Markets, to which the Fleſh is carried by common Higlers. This gives the People in and about *Tring* an Opportunity to buy the Guts or Chauldrons of fatted Calves, to make Pyes with them as a very delicious Food. And accordingly theſe Guts are ſeldom put to any other Uſe, eſpecially throughout the Summer Time. And for thoſe of one Calf the Price is generally Six-pence, but the Butchers are indifferent of ſelling them ſo, becauſe the Fat that is on them might be taken off and ſold for near that Money without the Guts. Now the Guts of one Calf is enough for one Pye: But for a large Family Pye two have been made uſe of.

How

How the Guts or Chauldron of a Calf is to be clean'd and prepared for making Pyes with them, or to eat them otherwiſe. — THERE is no Receit as I know of extant, that directs a Perſon how to clean and prepare the Guts of a Calf for making them eatable in Pyes or otherwiſe: The moſt that any Author ſays on this Account is, that the Guts muſt be firſt parboil'd before they are made into a Pye, without taking Notice what is to be done before. Wherefore I have thought it neceſſary to tell my Reader, that our Country Houſewife's Way is, to ſlit the Guts along with a Penknife that has a Pea ſtuck at the End of it, to keep the Knife's Point from entering the Gut, and making it the better ſlide through it. When Guts are thus ſlit and opened, they muſt be well waſh'd till cleanſed of their Filth; then they muſt be laid in a Tub, and Salt ſtrewed over them, for their being well rubbed with it, to bring off all Manner of Slime and Foulneſs: This being neatly done, the Guts are to be rinſed in Spring-Water twice a Day for two Days together.

How the Guts or Chauldron of a Calf is to be made into a Pye. — THE Guts being thoroughly cleaned, as before directed, are to be boiled a little while, or what may be called parboil'd; and when cold, if there be any Kernels in them, they muſt be picked out, then chopt into ſmall Bits, which are to be ſeaſon'd with Pepper and Salt and Nutmeg, and mixed with minced ſweet Herbs and a Piece of freſh Butter. Theſe (put into Pye-cruſt) are to be cloſed up with ſome Verjuice, and when baked, a Caudle muſt be prepared and put into the Pye, made with Nutmeg, Vinegar, Butter, Sugar, the Yolks of two new laid Eggs, a Spoonful of Sack; and if you think fit the Juice of a *Seville* Orange.

A Second Receit to make a Chauldron Pye, or to make a delicious ſweet Chauldron Pye. — THE Guts ſhould be chop'd very ſmall, and mixed with Currants, Sugar, and ſome Butter; or with Plumbs and no Currants, with the Addition of ſome of the Ingredients of the other Receit.

A third Receit to make a Chauldron Pye. — HALF boil a Calf's Chauldron, when cold mince it as ſmall as grated Bread, with half a Pound of Suet or better, and as much Marrow. Seaſon it with Mace, Nutmeg, and Cloves beaten ſmall; then wring out the

Juice of half a Lemon, and add ſome of its Rind minced ſmall. This done, mix them all together; and when you have laid a Piece of Puff-paſte at the Bottom of a Diſh, put your Mixture on it, cover all with another Leaf of Paſte, and bake it. When baked, open the Pye, and ſqueeze in the Juice of three *Seville* Oranges.

To make a Pudding of a Calf's Chauldron. — TAKE the parboil'd Guts, and mince them as ſmall as poſſible, with half a Pound of Beef Suet. Seaſon it with a little Onion, Parſley, Thyme, and the Rind of a Lemon ſhred very ſmall, with beaten Nutmeg, Cloves, and Mace, all mixed together, with the Yolks of five Eggs and a little Cream; then take Sheeps Guts thoroughly cleanſed and cured, fill them with this Meat in the Shape of Hogs Puddings, and boil them after the ſame Manner.

To fry a Calf's Chauldron. — AFTER the Calf's Guts are cleanſed and cured, parboil them, and when cold cut it into little Bits as big as Walnuts. Seaſon it with powder'd Cloves, Nutmeg, Mace, an Onion, Parſley, and a little Pepper. Then put this Mixture into a Frying-pan, with a Ladle full of ſtrong Broth and a little Piece of Butter, and fry it. When fry'd enough, put over it a Layer made with Mutton Gravey, the Juice of a Lemon and Orange, the Yolks of three or four Eggs, and ſome grated Nutmeg. Toſs this in the Pan two or three times, then diſh and ſerve it up.

Of Brewing Malt Liquors.

WHY ſo little good Malt is made in England.—It is to little Purpoſe to hope for the Enjoyment of wholeſome pleaſant Beer and Ale, unleſs the Malt is good it is brewed from; and ſuch Malt is more difficult to come by than moſt People imagine, which made an expert common Brewer ſay, he believed there was hardly one Malſter in twenty that made true Malt; and I am really of the ſame Opinion, as thouſands I am ſure would be, if they had a Knowledge of the many Incidents and Contrivances that hinder it. Incidents, I ſay, becauſe when Barley is mowed in ſeveral Degrees of Ripeneſs, as when ſome is full ripe, ſome half ripe, and ſome only begun ripening, it is then impoſſible to make good Malt of ſuch Barley; the Occaſion of which is owing to a long dry Seaſon of Weather, that directly ſucceeds the ſowing of it; by which Means thouſands of Acres of Barley in ſome Years are thus damaged, although this great Damage may be very cheaply and eaſily prevented by liquoring the Seed before it is ſown, as I have, and intend in my future Works further to ſhew, when I publiſh my Treatiſe to be entituled *New Diſcoveries in the Art of Agriculture*. Secondly, another Incident of Damage is, when Barley after it is mowed is rained on, ſo as to make it ſpire in the Field. Thirdly, in the Malt-houſe by wrong Management in the Ciſtern, Floor, or Kiln; on the Kiln, by drying brown Malt too haſtily, ſo as to cauſe the Kernels to jump and ſnap, which is blowing of Malt, to make the fewer Kernels fill the Buſhel, and thus they are often dried to a Bitterneſs; whereas to dry it leiſurely as it ought to be, it ſhould be ten Hours on the Kiln, inſtead of which many dry it in four Hours Time. The ſame Fault is alſo committed by many Malſters in making pale Malts, who to ſave Time, Labour, and Fewel, dry them in eight Hours inſtead of ſixteen; and to deceive the Buyer will juſt criſp them without-ſide, when the inſide is rawiſh: Hence it is, that we have ſuch great Quantities of bad Beer and Ale. Fourthly, there are thouſands of Quarters of Malt damaged every Year by Whools or Wevils,

bred by the Rawneſs of pale Malt. Many People find themſelves ſick after drinking, little thinking ſuch Sickneſs is occaſioned by Whools or Wevils; but I ſay, wevilly Malt will cauſe the Beer to give its Drinker a Sickneſs, and when many of theſe ſtinking poiſonous Inſects are among it, a very panick Sickneſs indeed. The *Londoners* have no Notion of this; and that in ſome Country Towns, where are ſeveral Malt-Kilns, they are never free from Wevils all the Year.

To know good Malt.—It is known by Smell and Taſte, by Smelling, if it ſmells ſweet; by Taſte, if the Kernel bites mellow and taſtes ſweet; for if the Kernels are hard throughout, it is a Sign of bad Malt. — See more of this, and many other curious ſerviceable Matters in Brewing, in my Treatiſe intituled *The London and Country Brewer*, ſold by *Aſtley*, at the *Roſe* in *Pater-Noſter-Row*, *London*.

Hops. — The bright Hops of the laſt Year's Growth are beſt, the older the worſer. Hops ripe, when gather'd free of the Damage of Inſects and Rains, and if rightly Kiln-dried, will (by rubbing them between the Finger and Thumb) feel oily, yield a delicate Scent, and taſte thoroughly bitter.

Of Water for brewing.—The beſt Water to brew with is a ſoft River, Pond, or Rain-Water, becauſe theſe make a ſtronger Drink than hungry hard Well-Water, and agree beſt with Malt of any Kind, in opening its Body, whereby the Beer or Ale Wort receives its Strength the ſooner, and more gradually than it does from an aſtringent, ſharp, hard, Well-Water; inſomuch that it is allowed by good Judges, that one or two Buſhels of Malt may be ſaved in eight, if brewed with a River or Pond Water. I knew a Nobleman (whoſe Well-Water is a bracky, hard, chalky Sort) ſay he could never have ſuch good Beer at his Houſe, as the Keeper of his Park had at his Lodge. The Reaſon was, becauſe the Keeper brewed with a Pond-Water, that had much more Strength in it than the Well-Water, and gave the Drink a better Reliſh; and if ſuch Pond-Water ſhould be (as ſometimes it is in Summer) ſtagnated and foul, it is only throwing ſome Salt into the Copper, and it will not only raiſe a filthy Scum, but entirely cure the Water. This and many other Matters in Brewing I have the more

more Knowledge of, as I was Executor to my Uncle's Will, a Brewer in *London*; which engaged me a little while in that Buſineſs.

Of keeping brewing Utenſils clean and ſweet.—WITHOUT a roomly Brewhouſe, a ſufficient Number of Tubs or other Coolers, and without they are kept ſweet and clean, there is no ſuch Thing as brewing right Malt Liquors. But if any Taint of them is ſuſpected, it may be cured at once by throwing ſcalding Water into them, and upon that ſome Bay-Salt, which when diſſolved, ſcrub and waſh them well with a Birch Broom, or hard Bruſh; and thus you will deliver yourſelf from that poiſonous Damage, called in great Brewhouſes the Fox, which gives the Drink a ſickiſh naſty Taſte, and a very unwholeſome Quality.

A good plain Way to brew a Hogſhead of October *or* March *ſtout Beer.*—THERE are many Ways of doing this; but the plain common Way is this I am going to direct, I will ſuppoſe a Hogſhead of ſtrong Beer was to be brewed.—In the firſt Place, I would ſee if my Malt was not eat at the End of the Kernels by Wevils, that it was ſweet, and bit mellow; then I would have it only juſt broke, and that's all, between the two Stones of a Mill, or elſe only bruiſed between two Rollers of the Shape of a Mill that flats Tobacco-Leaves, or the Plat that our Country People weave for making Straw-Hats: Then having my ſoft Water boiled a Minute or two, I would put it into the maſh Tub, there to ſtand till I could ſee my Face in it, or juſt bear my Finger in it; then to put my ground Malt directly into it by Degrees, ſtirring it all the while it is running leiſurely into the Tub; when all is in, I would maſh the whole for about twenty-five Minutes, then cover it with a Buſhel of Malt that I left out on Purpoſe, and leave it ſo for two or three Hours; at the End of which, I would turn the Cock to let the Wort run out, and return it back on the Malt till it run fine upon ſome rubbed Hops. When I had my full Quantity, or rather before, I would be putting it into the Copper with Hops, and boil all as faſt as I could, till the Wort breaks into Particles as big as Lice; then I would take all out of the Copper as faſt as I could, for then it is boiled full enough, and better than if the Wort and Hops were boiled longer. But to be more nice, I would put my Hops in a large

Canvas

Canvas Bag or fine meſhed Net, to be boiled in the Wort only thirty Minutes at moſt, but the Wort ſhould be boiled on longer, till it breaks as aforeſaid; for by boiling the Hops ſo little a while, the Drink will be impregnated with only the fine ſpiritous, flowery, wholeſome Bitter of the Hops, free of that naſty-taſted earthy unwholeſome Quality that is in all Hops whatſoever, and which would be extracted if the Wort was to boil much longer. As to the Quantity of Malt and Hops to brew a Hogſhead of ſtrong Beer from, it is as a Perſon thinks fit; for from ten to ſixteen Buſhels or more of any Sort of Malt, a Hogſhead of good Beer may be brewed; and as to the Quantity of Hops, they may be uſed from four to ten Pounds or more. Be ſure to lay your Wort thin in the cooling Tubs or Backs, for if it is laid thick, it will be very apt to fox; and when almoſt cold, take about a Gallon, and mix ſome Yeaſt with it in a Pan, Tub, or Pail; do this in Time, that it may be incorporated with the reſt of the Wort before it is cold, and when it has work'd into a curled Head turn it, but never beat the Yeaſt into it above once or twice at moſt, before you put it into the Caſk.—Others brew by lading over boiling Water after the firſt Maſh is over, and this from Time to Time without ſtirring the Malt, till all the ſtrong Wort is got off; which is a good Way, but is too tedious for ſome People's Patience. — Others work their ſtrong Wort in a Caſk, and will not put any Yeaſt into it before it is all in it, thinking the Spirits will not waſte here during the Fermentation, as when openly work'd in a Tub.—Ale is to be brewed in the ſame Manner, only with leſs Malt and fewer Hops; and if a Perſon has a Mind to brew an Ale that is excellent for the Gout or Gravel, he may put ſome Treacle into the Copper when he puts in his Malt Wort to boil; this opens the Pores, and promotes Perſpiration, to the great Relief of the Body. *N. B.* If your firſt hot Water is not too hot when the Malt is put to it, you need not fear a Miſcarriage in the Brewing afterwards.

A Propoſal for putting a Stop to that pernicious, but too common Practice, of beating Yeaſt into Strong Beer and Ale.

NOtwithſtanding I have done my Endeavour, in my aforeſaid Brewing-Treatiſe, to detect this pernicious Practice, yet I find to my Surpriſe it increaſes, eſpecially in the Country, as it brings the greater Profit to the Brewer, who by this Means can ſave two Buſhels of Malt in eight. For if one brews eight Buſhels of Malt and does not beat the Yeaſt in above once or twice at moſt, his Drink ſhall be no ſtronger than the ſame Quantity brewed from ſix Buſhels, if the Yeaſt is beaten in near or quite a Week together, as many do in Winter Time; becauſe by this the Malt Liquor is ſo impregnated with the ſulphureous and ſaline Spirit of the Yeaſt (which is of a poiſonous Nature) that a Quart of ſuch yeaſty Ale has fuddled a very ſtout Man: Which inebriating Quality tempts the Ignorant to ſpend their Money, loſe their Time, ruin their Health, and bring their Family to the Pariſh. Beſides which, it greatly leſſens the Conſumption of Barley and Malt, and conſequently the King's Duty. Now to prevent this horrid Practice, if the Exciſe Officer was to make a narrow Inſpection, and find Yeaſt beaten into any Strong Beer or Ale above twice, it ſhould by a ſtrict Law be made very penal.

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